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we'd love to hear from you

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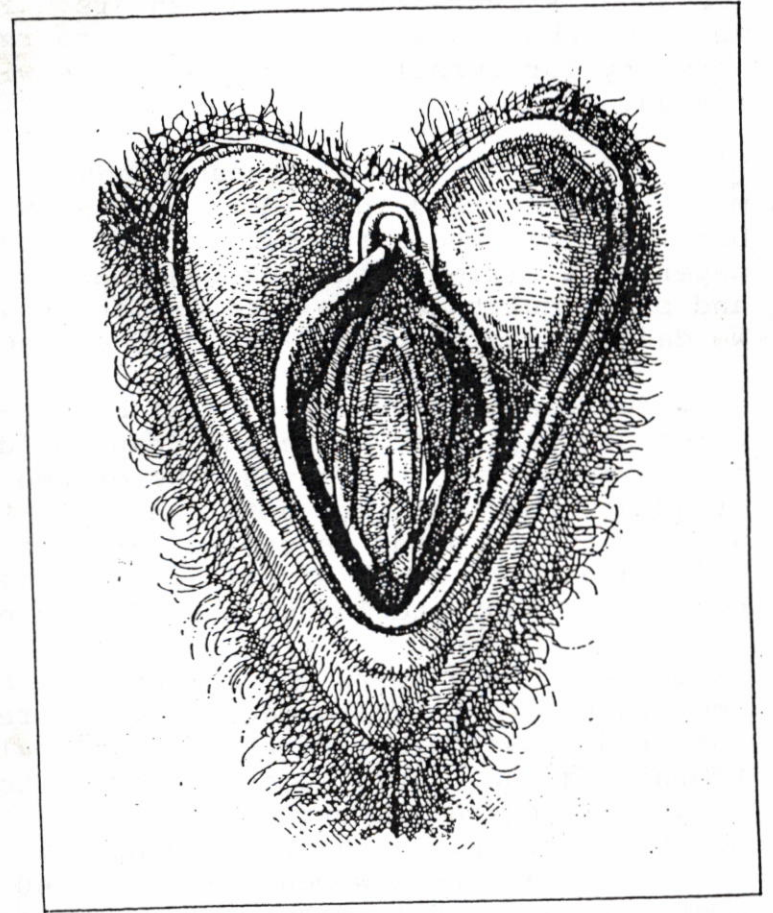
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moshtrogen



sisterhood

Z

i just got home from the screening of a documentary about the takeover of a harvard building in 1971 which led to the founding of the women's center in central square. it made me think about how important it is to record our herstory for ourselves because no one will do it for us.

the birth of moshrogen

moshrogen started in october at a show at the berwick. jen and sarah millis handed out brown paper bags filled with pink bandanas, confetti and pink squirt guns to every woman they saw. we danced crazier than I had ever danced before.

with our bandanas over our faces bandit-style we threw confetti everywhere and chanted 'dance, too much booty in the pants!' we danced and grinded with each other until we couldn't stand up and between bands we ran to our fort in the back (a pile of dusty boxes) to exchange breathless hugs and learn each other's names.

in the following weeks we emailed like crazy and decided to start having meetings. there was a lot of discussion about whether we should be a feminist group. some women wanted us to just be about dancing and others pushed for us to be a political group. a major dividing point was that some felt that women are oppressed in the punk community while others did not. for a while it seemed that our opinions were too different from one another to make the group work. after a few weeks of fighting we realized that, regardless of our politics, we already were a feminist group. many of us, including myself, had moved from the back to the pit because of moshrogen, and this in itself is feminism.

When going to the mechanic you do not want to be taken advantage of. So don't let them know if you don't know much about cars. Try to go to a trusted family mechanic and be assertive.

- Ask as many questions, as you need. Do not be embarrassed to request lay definitions.
- Don't rush the service writer or technician to make an on-the-spot diagnosis. Ask to be called and apprised of the problem, course of action, and costs before work begins.
- Before you leave, be sure you understand all shop policies regarding labor rates, guarantees, and acceptable methods of payment.
- Leave a telephone number where you can be called. Don't Leave It To Chance!

What should a written estimate include?

- It should identify the condition to be repaired, the parts needed, and the anticipated labor charge. Make sure you get a signed copy.
- It should state that the shop will contact you for approval before they do any work exceeding a specified amount of time or money. State law may require this.

What should I know about the parts to be repaired or replaced?

Parts are classified as:

- New - These parts generally are made to original manufacturer's specifications, either by the vehicle manufacturer or an independent company. Your state may require repair shops to tell you if non-original equipment will be used in the repair. Prices and quality of these parts vary.
- Remanufactured, rebuilt and reconditioned - These terms generally mean the same thing: parts have been restored to a sound working condition. Many manufacturers offer a warranty covering replacement parts, but not the labor to install them.
- Salvage - These are used parts taken from another vehicle without alteration. Salvage parts may be the only source for certain items, though their reliability is seldom guaranteed.

What do I need after the work is done?

- Get a completed repair order describing the work done. It should list each repair, parts supplied, the cost of each part, labor charges, and the vehicle's odometer reading when you brought the vehicle in as well as when the repair order was completed. Ask for all replaced parts. State law may require this.



Note: Some folks will tell you to drain the oil while the engine is warm because it flows faster into the drain pan. A good mechanic will tell you drain it while the engine is cold because ALL the oil has settled in the bottom of the engine and you have a better chance of draining impurities out of the engine. In a warm engine, a lot of the old oil is still trapped in the top of the engine and does not get drained.

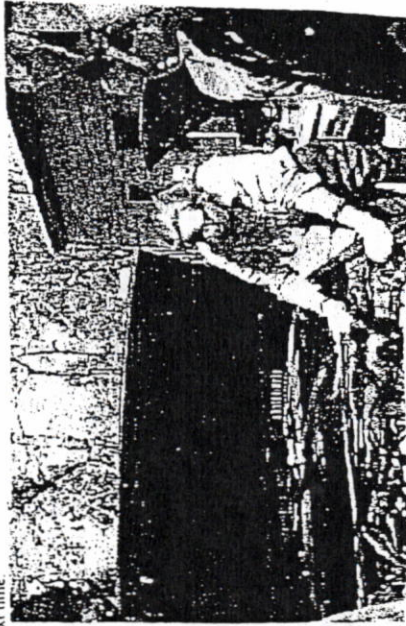
Replace the drain plug on the engine oil pan. Rule of thumb is that you tighten the drain plug tight. How tight is tight? Well, I use a combination wrench (the closed end) and use one finger to pull it tight. When my one finger cannot pull it any tighter, that is tight enough. If you don't have much strength in your hands, use two fingers to pull the wrench... but no more. That will seal the drain plug and keep you from stripping the threads out of the oil pan.

Next move the drain pan to a point under the oil filter. Use your filter wrench and rotate the filter counter-clockwise to remove it. Counter-clockwise means you are looking at the filter on the engine from the bottom. A couple of turns with the filter wrench and the oil filter will come free from the engine. At that point, you can unscrew it with your hands and drop it into the pan beneath it. Oil will escape from the filter and drain down into the pan. This is normal.

Open the new filter in its box and you will notice that it has a rubber gasket on the base. Open one of the bottles of engine oil and take a "little oil" from it to coat the rubber gasket thoroughly. If you don't do this, you won't get the filter off the engine the next time. The rubber gasket will seal itself to the engine and cause you a lot of grief.

Screw the new filter onto the filter pipe coming out of the engine and screw it down to the base (using hands only). Turn it with your hands until it is tight. Use the filter wrench you bought and turn the filter one quarter turn more to seal it.

Note: Some say turn it 1/2 turn more. Smokey says 1/4 turn is sufficient and will make it a lot easier to loosen next time.



Okay, you are done under the car. Release the jack and the whatever else you are using to hold the car in the J/P position. Remove your drained oil and its container for proper disposition later. Put the car on the ground in normal driving status.

15. Find the engine oil fill on the valve cover and add five quarts (US) of new engine oil. Cap the oil fill hole.
16. Pull the engine dipstick and check the oil level. You will find that it reads one (US) quart high. Reason: The filter is empty. These extra quart resides in the filter when the engine is shut down.
17. Start the engine but do not rev the engine. Just let it idle. The light on the dash that says "OIL" will illuminate for a brief time and then extinguish. This is the time for your oil pump to pick up the new oil and pressurize the system.
18. Let the vehicle engine run for about five minutes. This will warm up the engine and let the oil circulate. It will also give you a chance to make sure the filter is not leaking. Check under the vehicle and make sure you are not leaking oil onto the pavement.
19. Shut the engine off. Check the dipstick on the engine and it should read "FULL". You should have no oil leaks under the engine. The next time you have to do all of this is 3000 miles or approximately 5000 Km. If you value your engine and your car, you will maintain this schedule. Every Km you drive over this figure means wear on the engine and early engine failure.

ALWAYS CHANGE YOUR FILTER WITH EVERY OIL CHANGE!!!

we also found that when a group of women get together and discuss our lives, sexism inevitably comes up, making it hard to avoid being political.

moshtrogen is still new but we have already changed a lot. our meetings have evolved from rowdy dinners at grasshopper to intense (but still rowdy) all women meetings in which we discuss heavy topics such as sexual assault in our community.

we still have differences of opinion and tons of infighting, but i have realized that this is part of what makes our group great. we don't have any set guidelines or rules. we're just a collection of many ideas. we are open to all opinions and all people who identify as women, past present and future.

moshtrogen has given me a tight group of women who I know will have my back in any situation. it has opened up communication between women. the conversations and friendships that have grown out of this group have changed my life. even after such a short time there are already differences in our music community. often at shows now there are more girls than boys in the mosh pit and we have gotten people talking about issues of gender and sexism.

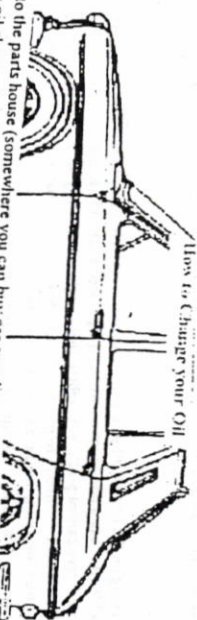
we have no plan, no leader, theres no telling where we'll go from here. all i know for sure is we're here to stay.

i love you ladies
xo, rachel

An Introduction (of sorts)

This zine is a collection of writings published under the collective of Moshtrögen. All of these articles were written by women. The group is comprised of women who support each other and share with each other. There is no underlying message. We just took the time to compile our ideas and give them to you. Be forewarned it may contain contradictory information, but we think you're smart enough to make your own decisions and form your own opinions. Everyone in the group does not necessarily agree on everything. We all have our own agendas. This is punk rock and feminist in slant. Women! This is the zine for you! Its chock full of info on self-remedies for fixing up your vagina, your car and other stuff you didn't think you wanted to know.

When this all started we never expected to have over 40 members. We didn't anticipate women in other states using our group as a guideline for starting their own. We trip over each other a lot. We grow with this and that is what is important. Hopefully, after you read this you will feel like you've learned something. You may even feel like you want to join. We welcome you with open minds. There is no stigma attached to this. We love new ideas and do not expect anything from any women who wants to just come in and sit down at a meeting. Sunday afternoons are usually when we do this, so get in touch, and stay in touch. Ask questions. We're just kids who had an idea and now it's got a life of its own. This group has changed our lives. This publication is just a product of our growth. It has given a voice to many women in our community. We must never forget what got us here, and with that memory, we will find direction.



How to Change Your Oil

1. Go to the parts house (somewhere you can buy car supplies. Ask a local gas station, or place that does oil changes) and for most cars buy six quarts (US) of good oil. If the temperature outside your house is hovering around 70 degrees F, or lower, buy a 10W-30 grade oil. If the temperatures are about five of those quarts (check your owners manual for the correct amount) and you keep one in the trunk in case the car needs an extra quart during the operation of the vehicle.

About oil: In the USA, the recommended Pennzoil, Quaker State, Castrol, and Valvoline. If any of these are readily available to you, use them for long engine life. Most brands are very good, though, and don't kill yourself trying to find these recommended brands.

2. What is important is: whatever the brand you chose, stay with that brand forever. Do not mix oil! If you chose a synthetic oil such as our Mobil 1, do not mix regular oil with synthetic oil.

Pick up a good oil filter for the vehicle. In the USA, the best filter we now know of is the Fram Dual-Guard. When I say good filter, I mean one that will do the job removing the carbon and such from the engine oil. Talk to your mechanics and find out what is the best in Canada. We also have a Purchator and a significant amount of "cheap" filters. Always go with the best. A good filter is a lot cheaper than an engine overhaul.

Pick up a decent "oil filter wrench" from your local hardware store or parts house. There are several different style of these items and the key phrase is "working in close quarters". Choose one that will do the job for you and get the filter off the engine. I, personally, use a metal strap wrench because I have never found a vehicle that it wouldn't fit or do the job.

Okay, you're ready to start the process. First, understand that if oil gets on your hands or arms, it's good for the skin. It will not harm you in any way. The mechanics use clean engine oil to wash their hands at the end of a work day because it removes all the grease... and dissolves easily in a mild soap and water. So, if you get engine oil on you in this process, you are fine.

Buy a decent oil container pan to put under the car to receive the oil. Forget the old dishpan or bucket. You need a pan that will contain the oil that can be closed to seal the oil after it is drained dump it in the trash or on the ground.

Elevate the front of the vehicle using the car jack. Elevate it only enough to give you access to the underside of the engine and give you some room to move a wrench. Use "jack stands" when ever get crushed when the car comes down.

Locate the oil fill cap on the engine (usually on the valve cover) (usually where you add oil to the engine). Remove it and set it aside.

Locate the engine pan plug on the lowest part of the engine oil pan. If you read the Haynes Manual, you know that the oil pan is covering the entire bottom end of the engine. The drain plug will have a hexagonal head on it and may be any size from 13mm to 17mm.

Locate the oil drain pan that you bought (to contain the oil) directly under the drain plug on the engine.

Using a socket wrench or a combination wrench of the right size, loosen the oil drain plug on the engine and remove it completely. You will get some oil on your hands (yay, who cares?). Let the oil drain completely from the engine. Go have a cigarette, drink a beer, or whatever. Let it drain completely into the container under the vehicle.

Ok go get your spare tire and jack and lug wrench. Lay them out around where you are working. Now remove the hubcap. Some cars don't have them, you'll have to look at your owners manual on how to remove your cars hubcap. Use your lug wrench to loosen up them nuts. This might be a little consider jumping on the wrench



Do not remove the lug nuts, only loosen them

Jacking up your car: (again read owners manual to find out where to put the jack against the car exactly.) Usually it holds the car at a small plate on the frame of the car. This plate is usually located in front of the rear tires, and just behind the front tires. Put the jack under the car, and raise it till its pushing up the car (check to see that it is sturdy) Raise it till the tire is about 6 inches off the ground.

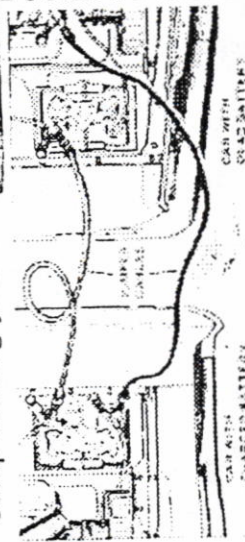
Remove the lug nuts from the bolts and put them down right next to you (don't lose these!) and pull off the tire straight towards you. Next put on the spare tire. Same way the old one came off. Push it back as far as it will go, then put the lug nuts back on but not all the way just enough to hold the tire in place while you lower the car. Use your jack to lower your car back to the ground and tighten the lug nuts completely. One at a time though and do it as if it looked like this: 1 2 and then 4 and then 3.

Put all your tools away and check the ground around where you were working, and make sure you don't leave anything around. Bring your flat tire to be repaired and put back on your car. And be careful cause there's lots of creeps out there. Just waiting to see you in distress and offer to help only really to kill you!

Jump starting your car!

Position the vehicles so the batteries are as close as possible without the bumpers touching. Turn off both engines, set both parking brakes, and open the hoods.

Identify the positive (marked POS or +) and negative (marked NEG or -) posts on each battery. Attach the cable with the red clamps to the positive posts of each battery: DO NOT let the metal clamps of the red and black cables touch each other. On the car with the good battery, attach the cable with the black clamps to the negative post. On the disabled car, connect the black cable to the bare metal on the car's engine or frame, as far as possible from the battery. Batteries emit explosive hydrogen gas, so you want to avoid sparks in that vicinity. Start the car with the good battery, revving the engine a little to make sure the battery is charging. Then start the car with the dead battery. (If the car still won't start, you may need a mechanic.) With both cars running, disconnect the cables in reverse order, beginning with the black cable (ground connection), then the other black cable. Drive for at least 20 minutes so the alternator can recharge the battery. Have the battery and charging system checked ASAP!



Position the vehicles so the batteries are as close as possible without the bumpers touching. Turn off both engines, set both parking brakes, and open the hoods.



Punk Rock Housework

We punk rockers like to think that we are an enlightened bunch. We like to believe that our community is an open utopia where the rigid and ancient mores of human civilization don't exist. But in reality, like all subcultures, our group takes on characteristics of the dominant culture all the time. For example, gender roles in the scene sometimes resemble the gender roles we scorn.

I notice this in many avenues but what I've been thinking about lately is how punk rock kids approach housework. It seems that in many households, the women are usually the ones to do the majority of the housework. To steal a phrase from crimesthine, the men are often left to wonder about the "food fairy." That mysterious being who obtains, prepares and distributes food for them.

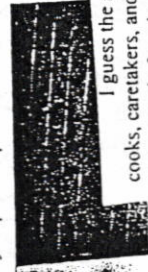
Lately I have started to feel like the housework fairy. In my heterosexual relationship I have found that I buy all of the toothpaste, soap, toilet paper, sponges, and dish liquid. I also do pretty much all (read 90%) the laundry for both me and my boyfriend. I have never once seen my boyfriend scrub the toilet, clean the stove, or mop the floors.

Here's a good example. One night, my boyfriend actually came home with spaghetti and sauce to cook. I looked at the sauce and noticed that it had cheese in it. "We're vegani!" I exclaimed. But of course he didn't know which sauce to buy, because I am the one who does it all the time.

I make dinner far more often than my boyfriend does. Actually, either I make dinner or we do it together. I never get waited on. Of course, another facet of this problem is that I enjoy certain household tasks. I really like cooking and baking. But once I start to do it all the time, I resent that I am the only one doing it. I have seen these Mrs. Cleaver-esque habits in other couples. Why is this? It seems like we have all the markings of a progressive pair, yet we fall into the roles our families did. There are several reasons I can think of.

First I'll go the Freudian route and blame my childhood. At any family functions I was always the one people asked to do things: set the table, make plates of food for people, and refill drinks. I would fit around family parties like a young caterer. My male cousins were never asked to wait on our family members. Instead, they flopped around their rooms, playing Sonic the Hedgehog and Mortal Kombat.

Another reason for this housework fairy syndrome lies in my personality. I am very goal orientated. Once I have it in my mind to do something, I have to do it. This includes everything from finishing a book, to going to a show or movie I told myself I would go to, to washing the laundry when I notice I'm getting down to super stained period underwear. If I notice that we are running low on toothpaste I don't stop reminding myself to get some until I have actually acquired some fluoride free Tom's of Maine. Is this just part of my neurotic personality? Or are girls more likely to put this pressure on themselves?



I guess the answer is both. All of the women I grew up around where the cooks, caretakers, and cleaners. They just gave, gave, gave. And I have followed that example for a long time without even noticing.

We girls are raised to put others first. I notice this in almost everything I do. I put pressure on myself to get everything done because I like to be organized and I don't want to let people down. I like making other people happy, but sometimes this comes at the cost of annoying myself.

So what do I do? Boycott meal preparation and hygienic products? Start a relationship with another girl? I guess the first thing to do is to get the dialogue going...

music and dance, rip up old papers. If you're depressed or sad try doing something slow and soothing like taking a hot bath, listen to soothing music. If you are craving sensation or feeling unreal or depersonalized, do something that creates a sharp sensation such as squeezing ice really hard, put a finger into frozen food, stomp your feet on the ground, snap your wrist with a rubber band.

Here is also a suggested checklist of things to ask yourself before you begin to stop. The more of these statements that are true for you, the better:

- I have an emotional support system of friends, family and/or professionals that I can use if I feel like hurting myself
- There are at least 2 people in my life I can call if I want to hurt myself
- I feel at least somewhat comfortable talking about SI with 3 different people
- I have a list of 10 things I can do instead of hurting myself
- I have a place to go if I need to leave my house so as not to hurt myself
- I feel confident that I could get rid of all the things that I might be likely to use to hurt myself
- I feel confident that I can endure thinking about hurting myself without actually having to do so
- I want to stop hurting myself.

Help for Family and Friends

If you know that someone is hurting herself, you have to respond in some way. Several things to keep in mind: Don't take it personally as SI behavior is more about the person herself than those around her. Educate Yourself- get as much information as possible, so you can understand what goes on in the mind of SI's. Be Supportive without reinforcing the behavior. Be available as much as possible and set aside your personal feelings of revulsion or fear and confusion about the behavior and focus on the person. Do not attempt to make the person feel guilty or offer up ultimatums, as it won't work. It will only serve to feed the cycle of self-hatred that leads to SI.

An excellent website (where most of this factual evidence came from) is <http://www.palace.net/~llama/psych/injury.html>. There are also lots of books such as A Bright Red Scream by Maniëe Strong and Bodies Under Siege by Armando Favazza.

we got womyn motorists, why not womyn musicians?

By Xisany - andisntwait@aol.com

If you ever wanted to have fun and get ideas out easily then pick up a microphone. People can't help but listen and analyze and over analyze what you say. I feel like ever since I wrote the song outnumbered 70 to 1 (lyrics at the bottom) that people have taken me seriously when it comes to my feminist views. We all formulate our ideas differently. We all gain our understanding through books and experiences. I have caught some flack for writing a song, which is feminist in stance, but is directed at men. I am not willing to make an apology for how I feel. When I wrote that song, there was no moshrogen. There were few female dancers. There wasn't this community. There were, however, a lot of men in my face when we played. There were networks set up by men to perpetuate their message and make them feel comfortable. My stance behind the song and the lyrics are that of a reaction, a direct response to their culture. I felt men to be oppressive in my punk rock community. I wrote it because I wanted womyn to sing the song with me, in the faces of the men, who feel the need to knock us down when we dance. On the other hand, it's also not a direct attack. I do not hate people for their gender or even like them for their gender. I just refuse to admit that there is no difference between genders. There just is. When you can't see the difference you are just in a position of power. I feel like a lot of womyn can relate to the same feelings I have in this instance. I guess if I was to apologize, it would be to the womyn for not addressing what they can do to change things. All I do is point out how exclusive the boys club is and that I want to smash those barriers. In any event, I only felt moved to write this essay because of some reactions I've been getting from men, who feel they fall into the

political tables, let people display art. Invite organizations, which might not be interested in the music, to come and speak on their cause. Don't ever feel like what you are doing is futile. Most importantly, expect to not be thanked. Putting on shows is the worst thankless job in the world. You need to understand that what you do is just a function of punk rock and people expect it to happen. Open some eyes and share your ideas. Don't just take money at the door and let the bands make your statement.

If you understand that punk rock will not make you rich, or pay for your apartment, then your heart is in the right place and any band would be proud to play for you. — XJoanX

1. Do not book bands that will get a venue shut down.
2. Book a hall or warehouse or someplace but don't ever pay more than \$200, then book the bands.
3. Arrange a PA and it's transportation to the show at least a week in advance.
4. Have at least 1 spare mic/chord around.
5. Take power strips.
6. Don't book more than 1 show at a time by yourself.
7. Don't charge more than \$7 dollars ever (and that's still really high) a lot of people won't go if it's costly.
8. Have access to water.
9. If you book a band with a contract, read it thoroughly and know what your responsibility is.
10. If it ain't fun, you ain't doin' it right!!! Remember you're there because you care.

The Cage

"I guess there is one somewhere near the Portsmouth traffic circle," I said to my friend Kendra who was driving. We made our way through town after running a few errands and were on our way to the porn store. Although she is almost 21 she had never been to such a venue, I on the other hand had gone a few times as a 'well now your 18, lets go to the porn store ' kind of deal. Dragged in by a few of my friends I didn't give much of what I saw a second thought. We lived in a town where there was nothing to do, so we might as well get it over with. We would giggle and blush and show our ID's to the clerks, look around for a few minutes and then run out. How was I to know all the violence behind these harmless magazines and videos that dirty old men bought? I have now realized it is no laughing matter.

I first thing I noticed when I walked in was the various and large amount of 'toys' and tools for a more life like masturbation experience. There was a variety of dildos that came in different sizes, shapes colors and functions. I was expecting this, what I hadn't seen in my hometown was the choices of female parts for men's enjoyment. I figured men bought porn magazines and videos while women bought dildos and vibrators. But it fact there was quite a selection of fake vaginas, mouths for fake oral sex, and penis enlargers.

I then moved past the magazines, I would come back to them later, towards the video section. I saw a huge range of movies. An entire section was dedicated to college girls, then the other sections were categorized into 2 hour and 4 hour films, amateur, classic, feature, all male, bi-sex, she-male, older women and bondage.

Common themes among videos and magazines tended to be oral sex, female masturbation, or general touching of one's self, large breasts, and of coarse different sexual positions. All the relationships were purely sexual and the only emotion involved was that of pleasure. The names of the magazines where also interesting to say the least. Here are a few to get the general idea: Penetrating Pleasure, 18 and Nasty, Pussy Pumping, Wild Affairs, Bondage in the Buff, Pud Whackers, Knockers, Lust in

Paradise, My Ass is on Fire, Virgin Pink, Pretty Anal Girls, Extreme Dreams, Xplicit, Easy Women, Power Towers, Shutterbuggers, Boneyard Babes and Anal Ladies.

Thinking back I cant remember one magazine that had a black person on the cover, I think there were a few Asian magazines, but nothing to cater to the black community, maybe that is just because I live in NH, but its something to think about. Some the women shown looked innocent, some looked down right dirty, but they all for the most part had large breasts and long hair. People do not make love they "FUCK" and have 'plumber's tools' ream their 'pipes' (very mature word usage). The words fuck and ream have violent connotations in themselves.

Though some pornography shows women in control the man usually takes the dominant position. As Gloria Steinem says in her book Outrageous Acts and Everyday Rebellions "it takes violence or the threat of it to maintain the dominance of any group of human beings over another." This imitation the male as master, women as slave theme that incorporates most of pornography lends itself to the all-powerful male conqueror with the women as a victim whose aggression will be taken out on. The fact that is sexual aggression is irrelevant. We often see men on the covers of pornography "pussy pumping" away and the women screaming in pleasure or pain showing how selfish this act is. The man is penetrating the women, using her to quench his desires. She is not letting him in, enveloping him. He has the power.

These women are exposed to the viewer of the magazine and it is clear that they are trying to please the camera and the onlookers. This desire of submission and the desire to please is one that has been ingrained in women since childhood. We want to make everyone happy even if it comes down to ignoring our own wants and needs.

There have been studies that violence in the media leads to violence in schools and in the home and on the street. People who are exposed to such actions become immune to it, and begin to think it is ok. Pornography is no different and yet seems to hold the social exception giving men and women the wrong ideas about what sex is and should be.

Oddly enough, i find it's easier to work with bands as a female. If I come to them with a real interest in booking their band sometimes we can undermine contracts and come up with a solution that works for us both. Not, all bands have guarantees or contracts but most almost always ask if they are going to be paid. Most men that I know, who book bands with guarantees, almost always have to deal with contracts and riders. Guarantees are the minimum a band expects to make at the show. They use a contract to bully you into upholding your agreement. So if you can't pay them the guarantee they can take you to court. A rider is a list of things the band expects to get at a show. Most of them say 'water and dinner' but in really long and drawn out riders you may be asked to provide a back stage area, a specific set of microphones and a powerful PA. This is obviously more involved than most of us should get into booking shows. You need to have a team of people who can help you deal with everything to book bands with contracts and the like.

YOU SHOULD BE ABLE TO PROVIDE WATER TO EVERYONE. THERE SHOULD BE A BATHROOM AT YOUR SHOW.

This will add to the comfort level.

There are so many degrees to booking shows; from the most local show to the biggest rock and roll greedy fuck concerts. Deals always need to be made and money is always going in and out of your hands. You need to be able to trust the people you put at the door to collect money. A sneaky kid might steal some cash and that might really fuck over some bands or even you.

On the issue of taking money at the door and paying yourself.....That's a debate. Some people feel like their work should be rewarded and other people understand that what they do is to make the scene better. I personally feel that if a ton of fucking money is made at the show and bands all get enough, then donate some to a cause that will help someone else's struggle. Our art and our politics should go hand in hand. We do not need to separate having fun from being serious. Do things at shows to open people's minds. I.e. have

When they ask if there will be "moshing" respond by saying "i think people will be **dancing**" you're vocabulary will make or break your ability to get a hall, or whatever you're trying for. If you book it at a public place, chances are, you will also have to pay for a cop or 2. (This is costly) look into booking at an old warehouse or some schools don't make you pay for campus security. OR book the show in yours or friends' basement or living room. Where ever the show is, if you put some time into promotion you will be able to pay for anything.

bands. uh. When booking 4 or 5 bands you are dealing with around 20 people's schedules. Do not expect every band you love to want to come and play. Start small and book your friends bands to get the hang of it. The first time you do a show YOU WILL forget some piece of equipment that you will need. (i went to a show once and the womyn who booked it forgot the mics in western MA. they had to drive 3 extra hours to go there and back, while the bands and crowd waited.) We all make these mistakes. i usually forget power strips (those are very important, but sometimes bands have them.) bands are fruity. pick them to fit the place and time and hopefully if you have a solid and diverse bill (industry term for list of performers) you will get enough money to pay everyone and pay yourself back. my rule is that i pay myself back first. if a show doesn't do well and I'm out 40 or 50 bucks then no big deal but if a show does well and there is enough money for everyone then i pay myself first. you must sacrifice some cash for this some nights. It should not be a big deal. **if you care about money at all then this is not a job you want to undertake.**

Bands should be paid equally (ideally) but usually it's ok to appropriate a scale based upon distance traveled. so if a band drives from NYC and you have another band that came from 20 minutes away, the NYC band should get more money. This does not mean they are a better band. Better bands are based on opinions. i also feel it is ok to pay a band more if they drew more kids than, say, a band that's playing their first show. My band has only ever been paid once, and it shocked us. Don't feel like you have to pay everyone. If a band has brought the PA to your show you should pay them for it. Usually, \$30 bucks is enough.

In the interview with an accused the man says "What I meant was sometimes you just get the urge to go out and fuck the living shit out of some broad. You don't have to like them. You don't have to want to ever see them again. You just get the urge to go out and fuck one of them. It does not matter who they are or what they look like. You just want to do it." The masses of pornography show that this fantasy world is ok. If you want to have it you can get it. All women want it according to the videos. This man did not just get this idea and decide to act on it; he has been encouraged to act on it because society tells him its ok. He honestly believes women like it that way, "Hell no, Hell no. I mean most women like to get their box battered as much as a man likes to get his balls off. They want to be grabbed and taken hard. It makes them feel like a woman. I know that to be fact. And what's more you feel more like a man when you do it that way." With all these videos and magazines the act is taken out of context. The woman wants it, yes maybe in the movie, or by the expression of their face in the picture, but it's acting. Anyone can fake an orgasm and anyone can model for a picture.

So she is asking for it, society has programmed men and women to think and believe this to be true. Women are begging for a quick fuck, and it is a fuck, never love, never anything but the bestial actions that are no better than two animals violently humping at a zoo. We are in a cage, a mindset of what women want.

At first the thought never occurred to me, porn is violent. Viewing pornography is not just a pass time like golf. Not only does it give men and women the wrong ideas about sex, but also often the people within the underground are treated violently. Girls have been killed, gang raped, and been forced to pay for things with sexual favors. This show of male dominance is a continuation of the male run world. One more way for men to show they are superior to the whores they throw around. Women are not toys that can be kicked around and discarded at will. The fear behind the dominance is what keeps men on top and women convinced they belong on the bottom. So let's get our shit together and stop the violence. Stop the hurt. Stop the selling of sex. And most important stop the mind set our society has that we want it all the time! Its our vagina and we control what goes in and out!

A Rant On The Education Of Women In America

By Heather Jenkins

Try and think back into your past as far as you can. Can you remember first grade? Can you remember that first day as you waited in your new outfit and best shoes at the bus stop for that big yellow school bus to come and whisk you away from all that you knew? Chances are you can. School is a huge part of most people's lives and has an immeasurable impact on us, whether we realize it or not.

Now try and think about every teacher you've ever had. Remember each homeroom teacher as well as your specialty teachers such as your drama, art and music teachers. Now answer this- how many of those teachers were female? Teaching has often been seen as a women's profession. This trend seems to be changing a bit however as more and more undergraduate and graduate

necessarily poor behavior but rather just young boys acting their age. Yet as far as the teacher is concerned the young girls, who are often drawn to their teachers because they are women-surrogate mothers if you will, are the role models for the boys to follow. It is common to hear a teacher saying "Johnny why don't you act more like Suzie? She's being quiet and doing her work. She raises her hand when she wants to answer instead of calling out." This constant comparison to the girls and often an inability to fulfill the teacher's expectations makes the boys become either more likely to act out or makes them more withdrawn. This can lead to their becoming defensive and resistant to participating in class at all.

By the time students reach middle school (6-8th grade) the boys are sick of being held up to the standard of

War was on and the US didn't want t'

~~1951 From 1951 to 1953, the war~~

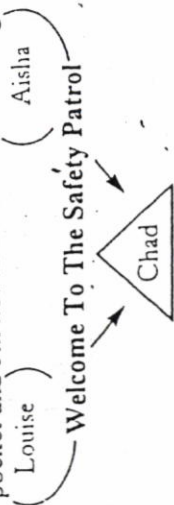
Booking shows is crucial.

it's what feeds our scene, it fuels our community as much as records and politics. It's a showcase of talent (whether it's art or music or a zine fair) they all tend to work the same. First and foremost, you must book a hall or school or a place to have the show. This involves planning a date that will work for you best (not necessarily the bands) since you are putting forth all of your effort to make it successful you want to book it at a less stressful time in your life. This way, you can deal with details and not get burnt out. Don't over extend yourself by trying to make it elaborate. **START SIMPLE.** Possibly employ a few friends for some help. (When I say friends, I mean friends, not just kids you barely know) this process is quite and undertaking and with many people dealing with bands and the venue and flyering, you can cover more ground. Unfortunately, money is a factor. You will need some at the start for the hall, the flyers and a PA. (a PA is a public address system AKA what the singers sing out of) usually it consists of a head (it's a power unit/system control) and 2 speakers. You can rent them at many music stores for about \$100 or you can ask a band to take theirs to the show (some bands are really nice about this, but it is NOT expected of them). You will also need microphones. 2 or 3 with chords and I'd say at least one mic stand. (you can improvise by taping a mic to a cymbal stand, but I don't recommend it) you have to stay organized and focused to make all the right arrangements. I have included a check list of things at the end of this to make it a bit easier.

as a womyn, you might have to deal with some less enlightened men. In dealing with booking shows, I have had to call many clubs and halls around Massachusetts. Few of these places had women in charge of booking the function rooms so I had to endure being called 'sweet heart,' or 'honey.' upon occasion, I was also denied access to rooms I KNOW have been booked for shows and still are. I feel like I wasn't allowed to do shows there because I was coming at them with a less than confident voice. When someone asks "what kind of music?" say "independent" **DO NOT SAY PUNK ROCK OR HARDCORE TO YOUR LOCAL TOWN HALL OR CHURCH!!!**

Sexually Transmitted Diseases

sheets. Call that someone on the phone and say to him, casual-like, "I just bought a new kind of condom and I'm dying to try it out... want to come over?" Or when out on the town with your paramour, and the clock on the clubhouse wall says thump thump thump, push that hunk against the wall and growl, "Listen, buddy. I've got a condom in my pocket and I'm not afraid to use it. We're going home."



Before you know it, you'll be a veritable connoisseur of condoms. You'll allow them to drop casually out of your purse in front of attractive men at cocktail parties. You'll dispense them to friends, give lessons, perhaps even roll your own. "Oh, handsome boyfriend," you'll soon sigh,

"I've always wanted to see you in rubber."

Don't forget LOVE IS NOT A LICENSE FOR SEX!



the girls' behavior and this feeds into the urge for rebellion that naturally occurs in early adolescence. This helps to explain why many boys in a middle school

classroom appear disinterested and "unplugged". After years of being told to

be quiet and be more like the girls, always feeling they are wrong and couldn't possibly have the correct answer many boys are very wary of

participating. But then there is a shift. By seventh grade many girls

have hit puberty and are developing into adolescent girls and are no longer

looking like the little girls they once were. The boys are also changing, too.

Many are having growth spurts and are getting taller and stronger than they were

before, but also they are bigger and stronger than the girls. At about this time

the classroom goes through a shift as well. The dynamics of the classroom are

changing. And the boys are noticing it.

programs for education are admitting more and more men. Yet this system seems to be failing the very people who support it.

If you were to enter any elementary school classroom in a public

school you would most likely see boys and girls learning, playing and

interacting together. Yet if you were to stay long enough to really observe the

dynamics of the classroom you would begin to notice that the young girls were

often bigger (physically) and more aggressive in their class participation

than the boys. The young girls are often better behaved and therefore get more

attention from the teachers. For example, the young boys in elementary school are

often full of energy and emotion and can be very hard to keep focused on the

lesson being taught. This is not

~~offensive efforts.~~

Up until middle school the girls were in control. They were bigger, called on more often and "better behaved" so they often seemed to be more liked by teachers and other adults in the school. But during middle school the roles seem to reverse. The girls are learning about

~~the Korean war caused the~~
their bodies changing and inevitably what they are supposed to do with them. A lot of sexist propaganda is being thrown at girls all the time through TV, movies, popular girls magazines and other various sources. Girls are being told that they are supposed to be beautiful and try their best to catch a guy. In order to do this it seems they must learn to be quiet, demure and look cute. This leads a lot of girls to stop actively participating in the classroom. They will also often act stupid even though they know the answer solely for the attention of the opposite sex. I see this in my classroom all the time.

So as the girls are quieting down and becoming what our society tells them they should be the boys are starting to fulfill their roles as well. They become more bold and daring in the classroom. After years of being quiet they start to notice that they aren't being compared to the girls any more and that the girls aren't talking as much as they used to. This lets the boys become more involved than they were before and by high school many boys who never participated in early middle school are

active in their classes. This doesn't mean they become stellar students- that is individual success that is measured differently. But the girls on the other hand are losing out. Where as many girls do very well in math and science in elementary and early middle school by the time they reach high school they are often just barely passing or totally losing interest in these subjects. They don't ask the questions they need to in middle school and therefore often get frustrated

No, we modern women, being kind and sensitive lovers, would design whisper-soft condoms, completely transparent and microscopically thin. The paisley, rainbow, and floral-print condoms we designed would be strictly novelty items, kept for special occasions only. Ditto the condoms with cute sayings: "Hang in there, baby, Friday's coming", "My girlfriend went to Florida and all I got was this lousy condom", and the classic "I'm with stupid" (arrow pointing back toward the boy). Other specialty items would include the male-ego condom, which, like black olives, come in three sizes: jumbo, colossal, and humongous. Naughty subversives would enjoy the Karen Finley assortment colorful, decorative condoms that turn ordinary penises into bananas, hotdogs, yams, and more.

But I digress. The best place to buy condoms is your local massive drugstore that has them on display, self-serve, just like corn pads or athlete's foot spray selection. Be assured that most popular brands come with little instruction booklets much like the ones found in boxes of Tampax (uh oh --don't mix them up!). While at the drugstore, be sure to purchase at least one of the following items: Tickle anti-perspirant, Ban Roll-on, or any of the Calvin Klein line of men's grooming aids. You'll need these for important condom experiments at home. At home, be alone. Light candles. Play inspiring music; any record by Rick James will do. Remove one of the condoms from its packet. Examine it carefully. Then put it to work, Experiment with your slippery new friends; whip those sons-of-gummy-worms into shape. Recruit those deodorant bottles and practice, practice, practice. And how about some new nicknames for the old standbys? Love skins. Slicks. Wet suits. Soon enough, you'll be happy and relaxed, perfectly in control of those silly little slips o' sin. But wait. Something's missing. Oh yes, the hard part. I mean the good part. I mean, both.

The Condomed Man

It is far, far easier to start them on condoms when the relationship is young. In fact, the condom is a terrific tool of seduction when you're ready to make the leap between the



Roll condom off penis away from vagina.

Condoms Demystified

There are basically three kinds of condoms: unlubricated latex, lubricated latex, and lambskin. The lambskins are no good because they haven't been proven to be a barrier to infection. Anyway, they're really made of lambies and that makes us sad, especially around Easter time. (The real reason we don't like them is that they actually smell like lamb.)

There are variations on the basic latex condoms. Some condoms are prelubricated, with spermicidal jelly, even. Others are not. Strictly B.Y.O.K.Y.

The strangest variation by far is the ribbed latex condom. Why are these condoms ribbed? This is supposed to be stimulating? Should one attempt to play washboard tunes on it? This is just part of a big problem with condoms. Condoms were, and are, designed by men.



Unroll condom onto erect penis. Be sure to leave enough space.

What a wonderful world it would be. Skip the ribbing, skip the lube. If men when women designed condoms there is no question that they would be padded.

"But size doesn't matter!" comes a chorus of voices. (The loudest voices come from boys. Sure *length* doesn't matter. But give any girl a small

dose of truth serum and ask her about width. Admit it. If padded condoms were placed on the market, hordes of screaming women would storm their local druggists and dash out with tote bags full. Unfortunately, it wouldn't work. After all, there is that ticklish issue of boy padded condoms would rob boys of the skin-to-skin sensation they already claim condoms rob them of. And we can't have that.

Dr. gji

The major problem here is that while young men are being trained for the real world through school, young women are missing out on a lot of necessary skills due to social pressures. Our society still puts far too much pressure on young women to be beautiful and not enough pressure on achievement. Some people will undoubtedly blame this on the teachers saying that this obviously means that they aren't doing their jobs correctly and that if they were more involved with their students this kind of thing wouldn't happen. To that I would have to say that these people have obviously never been in a school and have never observed children working in a school environment. Trust me it isn't all the teacher's fault- we can't compete with the power of MTV and popular culture or hundreds of years of ingrained social standards. But we can fight against it and this is the reason that I write this article.

I have one girl in my class who is extremely smart, writes well and really knows how to articulate herself, which many people- male or female- have trouble with at her age. She sits next to this boy that calls out repeatedly, refuses to follow directions and constantly comments about the other students. When he is in class it is nearly impossible to get her to participate- even

et Union, and Korea is the one that suffered. Korea is

though I know she understands the material and knows how to answer my questions. Yet when he is absent she always raises her hand and participates very actively in the class. I tried moving their seats but she still doesn't participate when he is around. A few days after moving their seats I overheard two girls discussing in my class that the girl had a crush on the boy and was upset that her seat had been moved. Then her behavior made a little more

I teach because I have to. When I see the state that our schools are in I know I can't do anything else except for teach. Our kids are being let down daily by a system that is supposed to be lifting them up, helping them become well-rounded, able adults. But it doesn't do that all the time. No, not every student is suffering. Not every female student is

when they aren't doing as well as they want to and so they fall behind. This is part of the reason why many people suggest that boys and girls ought to be separated during adolescence in school because it raises test scores for both sexes. Thus we have single sex schools.

falling behind. But in my opinion one student through the cracks is one too many.

It is our responsibility as informed, active, intelligent young women to help the next generation of women succeed. Regardless of what was done (or not done) for us we must help those who come after us. Women have

suffered far too long to stop here. Education is not a gift bestowed upon the lucky- it is a necessity for survival.

If you're interested in helping out find out what your community has in the way of after school programs and see if you can help. If there aren't any try starting your own. Many communities have centers for the youth in their communities as well. Many of these places often need help with programs. This isn't ever going to be a paid position but the rewards are there- and let me tell you- they're wonderful. Get involved.

Spermicide: (72 to 94%) foam, cream, jelly, film or suppository placed in the vaginal which kills and immobilizes sperm. *can be messy. *may irritate vagina or penis and cause infection. *may set off allergies. *tastes gross!

Diaphragms and Cervical Caps: (ranges from 60 to 94% depending on diaphragm or cap and whether you have had a child.) Shallow cup or thimble shaped cap is fitted to form a barrier between the sperm and the egg. *must be fitted by a clinician. *must wash your hands with soap and water before insertion. *increases the risk of urinary tract/bladder and yeast infection. *insertion may interrupt uncomfortable touching yourself, you might not like this one. *it is sometimes difficult to place during sex and should be checked with each new position. *you must be refilled after having a baby, abortion, miscarriage, or gaining 15 pounds or more. *must be left in for at least 6 hours after intercourse but no more than 48 hours after insertion. *allergic reactions to latex can occur. *might push forward and cause cramps.

Condoms: (Male: 86 to 98%, nearly 100% with withdrawal and spermicide, Female: 79 to 95%). Works as a barrier method to prevent the sperm from getting into the vagina.

Male Condoms: *can interrupt sex unless you are creative. *can not be used with oil-based lubricants such as vaseline, suntan oil, whipped cream, or crisco. *a small percent of men cannot maintain an erection with a condom on. *the man must pull out soon after ejaculation. if he becomes soft the condom can fall off. *makes sex drier, get some spermicide lube! *do not last more than a month in wallet or pocket. *some people are sensitive or allergic to the latex or the spermicide. natural membrane condoms can be used but are less effective at preventing pregnancy. more expensive, not be used instead and are just as effective as latex.

Female Condoms: *man's penis must not be placed outside of the female condom (duh). *sometimes makes weird, rustling, sometimes even farting, noises. *some people find it hard to use. *not as widely available as male condoms and 3x more expensive.

Depo-Provera: (99.7%) shot of the hormone progesterin every 3 months that prevents the release of the egg, thickens cervical mucus and prevents the fertilized egg from implanting in the uterus.

*can lead to: irregular periods, weight gain, worsened depression and premenstrual symptoms, increased or decreased sex drive, nervousness, backache, abdominal discomfort, breast tenderness, and loss of bone mass. *some women are allergic. *takes several months for your cycle to return to normal and can cause delay in your return to fertility. *must return to the clinic every 3 months. *could take 12 weeks for symptoms to wear off.



Norplant: (99.95% effective) six small hormone releasing capsules are placed under the skin of your upper arm to prevent the release of egg and thicken the cervical mucus.

*80% suffer from irregular periods. *can cause weight gain, hair loss, and headache. *can darken the skin over the implant, cause discomfort to arm, become infected, or even be visibly noticeable on smaller woman. *depression and premenstrual symptoms may improve or worsen. *loss of interest in sex. *bone mineral loss. *nervousness. *increased body hair and acne. *very expensive, \$400 to \$700 to put in, and even more expensive to take out, +\$1000.



IUDs: (97.4 to 99.2%) a small plastic device in your uterus that contains copper or hormones that keep the sperm from joining the egg and prevent fertilized egg from implanting in the uterus.

Copper T IUD:

*there may be cramping, pain, or spotting after insertion. *number of bleeding days becomes slightly high and cramping may increase. *initial cost of insertion is high. *must be inserted by a doctor or nurse. *some women are allergic to copper.

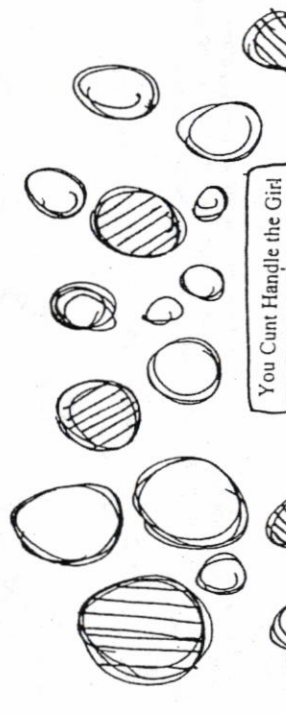
Levonorgestrel IUD:

*more bleeding days the first few months, and less after 6 to 8 months. *high initial cost. *must be inserted by a doctor or nurse.

Progestasert IUD:

*can also cause irregular periods. *some women stop having periods completely. *may be some initial cramping. *must be replaced once a year.

*users must check for string after every period because it could be spontaneously expelled. *users are more likely to develop nonspecific vaginitis. *can cause pelvic inflammatory disease which could cause tremendous pain, future ectopic pregnancies, sterility, and even death. *IUD can cause death to mother or fetus if the woman becomes pregnant and does not remove IUD. *some may become embedded in the lining of the uterus.



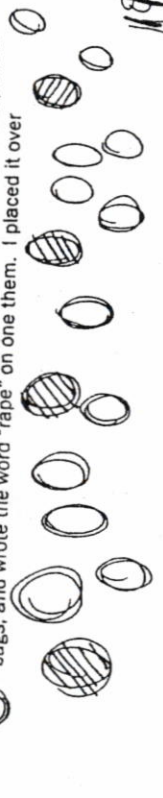
Inga Muscio's book is called "Cunt A Declaration of Independence." It is one of my favorite books of all times. It's witty, informative and honest. It is a book that has inspired me and forced me to be more proactive.

The new Cunt reclaims the word, strips it of its demeaning connotations, and uses it as her own. While some may say that boys will be boys, or that

woman should take an unsolicited compliment as just that and walk her sashaying little ass down the street, a Cunt argues just the opposite: that such behavior only reinforces the voicelessness of women.

Before I read "Cunt," I could only confront things that made me angry in certain ways. If a guy on the street made one of those demeaning comments that we women know so well, I would usually ignore him.

I could participate in quiet assaults, but I couldn't bring myself to do anything more assertive. For example, last year's holiday season had dragged my boyfriend/boyfriend Rob and me into its clutches and we found myself at the mall. Passing by an enthusiastic Australian man giving a demonstration on some super deluxe vegetable shredder, we noticed a t-shirt kiosk. The wares were of the sort that could only be bought by high school students or someone with an equal level of maturity. There were the usual mail finds, "Hook on Fonix Werked for Me", and various witless beer and car t-shirts. There was another t-shirt that actually managed to make the others look half decent: "Three beers: \$6. Two shots of tequila: \$5. Two mixed drinks: \$8. The price of taking the girl who drank the above home: priceless." I could not believe such a shirt was being sold in broad fluorescent light. I couldn't just walk by and not do anything about the ridiculous shirt. I took one of the handy plain white stickers Rob and I keep in our bags, and wrote the word "rape" on one them. I placed it over



"priceless" and walked away. While I was happy with our little demonstration, I wanted to do something more direct.

"The power depends on the silence. Silence is our focal point of attack. Silence is the unlocked door through which intruders enter and pillage the sacred temple of womankind."

Ingá's passionate voice forced its way into my head and there it mingled with all the thoughts I had been cultivating about our patriarchal society. Riding the T or watching my friends' hands practice while I read "Cunt", I wanted to stand up and scream, and converse, and explore. I wanted to do something.

A few months later I was walking down the street headed for the subway. I had just gone food shopping and was in a good mood, thinking about the delicious spinach and tofu raviolis I was about to eat. I was crossing the street when a short, round man a few feet away started blowing me kisses. This aggravated me. I was just walking down the street and didn't need to be singled out and humiliated.

I stopped in the middle of the road. And looked directly at him.

"I'm not your girlfriend. Don't blow me kisses," I said. Heads of fellow pedestrians turned.

"What?" Wide eyed, he shook his head, as if he couldn't possibly know what I meant.

"You were blowing me kisses, and I don't want you to," I said.

"Huh?" He said, in a daze. He pretended he didn't know what I was talking about. He stood flabbergasted and I walked away.

I'm a Cunt. And I'm good at it.

Birth Control

Often times we are told about the wonderful benefits of birth control. It makes our boobs bigger, our acne vanish, and our monthly periods stuff panty liners can handle. Many times we aren't informed of the risks involved. This information was gathered from Planned Parenthood and "Our Bodies, Ourselves". This article is only to give you a basic understanding of what could happen. I don't claim to be any sort of doctor, so if you are unsure, check with your gynecologist. (S)he can tell you all about how you boobs can become tender, you face more oily, and you period squirt out in the most random times.

The Pill: (95 to 99.9%) hormone pill taken daily to prevent release of eggs, thicken cervical fluid, and implantation of fertilized egg in the uterus.

The Combination Pill:

"Can take 3 months to become completely effective. "side effects can include: severe abdominal pain, chest pains, shortness of breath, coughing up blood, headaches, migraines, eye problems, blurred vision, and even blindness, and calf and thigh pain. "may cause cardiovascular disease and stroke, especially among smokers. "can change the shape of your cornea so your contacts don't fit. "can cause nausea which could be prevented by taking an antacid or taking pill with large meal. "can make breasts swollen and sore. "must be taken daily to be effective. "spotting is likely the first three months and after that when you miss a pill. "short, scanty periods. "I in 4 suffers from anxiety, depression, or irritability. "decreased enjoyment of sex and ability to orgasm with a drier, less sensitive vulva. "check individual packages to see how long backup contraceptive should be used after a missed pill. "prescription only and can be expensive. many health insurances still will not cover the cost. "not as effective when taken with other medications. "some studies have shown that taking the pill for more than 4 years will under the age of 25 can increase your chances of developing breast cancer before age 35, no other studies have proven the pill to increase the risk of breast cancer, the pill actually helps prevent endometrial and ovarian cancers.

Mini Pills (Progestin Only):

"less blood loss, but bleeding can be irregular with spotting between periods. "you could go months without bleeding at all. Missing periods could make you anxiety about being pregnant. "must take the pill every day. "failure rate is a bit higher than with combination pills. "serious side effects for both pills include: blood clots, liver disease, high blood pressure, gall bladder disease, migraine headaches. "other common side effects are: nausea, breast tenderness, mid-cycle bleeding, weight gain, increased appetite, mood swings, depression, and skin problems.

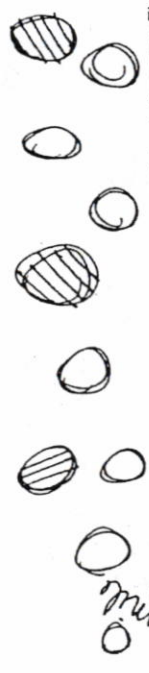
is more common in women and usually begins when victims are in their twenties, often after a traumatic event.

SYMPTOMS: apprehension, fearfulness, or terror

- intense pounding heartbeat
- racing or lightheadedness
- dizziness or heart palpitations of smothering
- chest pain or breath of feeling of
- shortness of breathing
- sweating or shaking
- trembling or abdominal distress
- nausea or cold flashes
- hot or cold flashes
- sense of dying, losing control, or going crazy
- fear of dying, losing control, or going crazy

Attention Deficit/Hyperactivity Disorder (ADD or ADHD) What it is: A teenager with ADHD has problems paying attention and concentration and/or with hyperactive and impulsive behavior. Sufferers often act before thinking and impulsive problems with their peers, parents, and teachers. It is common in boys, and is usually diagnosed first during the elementary school years. There are four types of ADHD (inattentive, hyperactive, combined, and not otherwise specified) including some characteristics, but not enough for a full diagnosis).

- SYMPTOMS: (inattentive type):
- failure to pay attention to details
 - appearing not to listen
 - difficulty sustaining attention
 - struggling to follow instructions
 - avoidance of sustained mental effort
 - frequent loss of necessary items
 - forgetfulness in daily activities
 - SYMPTOMS (hyperactive/impulsive type):
 - fidgeting or squirming
 - difficulty staying seated
 - excessive running or climbing, or feelings of restlessness in adults
 - difficulty engaging in activities quietly
 - acting as though driven by a motor
 - excessive talking
 - not waiting for a question to be finished before blurting c the answer
 - difficulty waiting turns
 - frequent interruption of others



Such feats of courage require a good deal of energy. That energy is provided by anger of a two-fold sort. The first source is the immediate anger that washes over me when I hear a sexist comment or behavior that is juvenile and inexcusable. I just want to go about my business. I just want to be treated like a human being. This anger makes my heart pound and my armpits sweat.

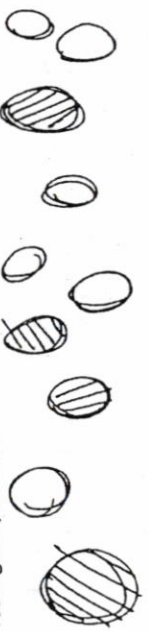
The other source is the reserve in my brain, where certain memories are stored: going to Bickford's after hardcore shows and not opening my mouth the entire time because I felt so alienated by the bombastic conversation of the boys around me, squaring my shoulders and walking tall and straight when I am alone so as not to look vulnerable, being petrified to take the T at night, my friend telling me that she sometimes makes the pitch of her voice lower so that people will take her seriously, thinking about how my grandmother was molested, my mother was raped, my friend was raped. This anger wells up in me and I have to do something.

"The problem is we don't seem to think we have much of a predatory disposition. This is heartily reinforced by our culture, which unduly punishes women who are caught acting out in violent, predatory way."

Possibly my most important my cunt escapade took place on a brisk autumn afternoon a few weeks after the kiss blowing incident. The kind of afternoon when you're actually not upset that summer is long gone, because now you can put on your tight black cap and favorite sweatshirt, and walk down the street happily crunching colored tin foil leaves.

That afternoon Rob and I decided to ride our bikes across the city. Mine is a silly kids bike: a vintage orange Raleigh, too small for me, with thick wheels that are not good for city cycling, but too cool to part with. We started in Jamaica Plain, rode past a church yard sale, lesbian couples holding hands, and the woman who is always on the corner of Glen and Washington, shouting phrases like, "Go head! You got that turn!" "Driving with those damn phones is gonna kill you!" and most impressive, the occasional enthusiastic, "You gotta respect women!" I'm serious, this woman exists.

We rode down Huntington, dodging potholes, and then onto Mass Ave, veering away from the Berklee kids and their perpetually guitar-



backs. Rob claimed that riding down Boylston would surely get us killed, so we forgot all the polite traffic rules of any good rider, and traveled against traffic down Newbury Street.

I was feeling good. My cheeks were cold and the inside of my nose was stinging a little from the oncoming wind. Rob, who has a much more practical bike than me, was blocks ahead oblivious to my slowpoke speed.

All of a sudden, my cold, red ears were met with a very vulgar comment

about another part of my anatomy. I had actually just heard someone yell, "Nice nipples," at me. This is unbelievable. Someone couldn't handle seeing body parts that are, in our culture so mystified and feared, sexualized and coveted. Because remember folks, my body is not so much my physicalness, what gets me around, so much as it is something for others. I whipped my head around and saw the culprit. The blood in my body started pumping double time. I was not going to let this unwarranted comment go by. I spun my bike around and started pedaling with a swiftness never before seen. I saw the annoying small silver car of the offender.

In his rear view mirror he saw me, pedaling diligently towards him like the paper delivery kid in "Better Off Dead", and switched lanes. I, however, wasn't trying to reclaim my two dollars, but a little bit of dignity. Fortunately, the lovely hand of Lady Fate was in my corner because the light turned red and the ugly silver car was forced to stop.

I rode right up to the window, the adrenaline in my body rushing driver, a slimy looking flannel clad guy with a moustache rolled the window down about three inches. I started screaming.

"Do you have a sister? Would you like it if men sexualized her on the street? Don't you have any respect for women?" The mustached man looked at me, his eyes shifting slowly from side to side. He had no idea what to say. He couldn't handle all of the girl under my shirt, and he also couldn't handle all the voice within my throat.

Newbury shoppers were standing, Guess? bags in hand, jaws slack. Most were laughing at the shell-shocked perpetrator. He stammered, "Uh, I don't care."

"Oh, you don't care? Well, that's really cool," I said sarcastically, I had managed a good enough counter attack and got back on my bike.

SYMPTOMS:

- unrealistic or excessive worry
- repeating ritualized behaviors
- cleaning to the point of excess
- checking and rechecking (an alarm clock, the oven)
- completing a series of things in a specific order and if interrupted, beginning again until completion is achieved
- being meticulous
- avoiding specific things (sidewalk cracks)
- hoarding
- slowness
- difficulty sleeping
- shakiness
- upset stomach
- high pulse and/or breathing rate

Depression

What it is: Feelings of depression that persist for at least two weeks and interfere with the ability to function---not just feeling "blue." One of the most common mental illnesses depression tends to run in families and can strike at any age. Depressive disorder is any form of depression serious enough to require treatment. There are several forms of depressor including bipolar, seasonal affective disorder (SAD), unipolar and dysthymic disorder (neurotic depression), and they can overlap with one another.

SYMPTOMS:

- frequent sadness or crying
- feelings of hopelessness
- lack of energy, feelings of fatigue and "burnout"
- feelings of worthlessness and of inappropriate guilt
- lessened pleasure in previously enjoyed activities
- persistent boredom
- social isolation and poor communication
- recurring suicidal thoughts, wishing to die, or attempting suicide
- increased irritability, anger, or hostility
- physical symptoms like frequent complaints of headaches and stomachaches
- inability to concentrate or indecisiveness
- change in appetite and unexplained significant weight loss or gain
- change in sleeping patterns

Panic Disorder

What it is: Repeated periods of fear or discomfort that develop without warning along with a racing heartbeat. Panic attacks can cause sufferers to feel anxious all the time, or to avoid places or activities where attacks often set in, disrupting daily life and often causing depression. The depression may lead the sufferer to turn to drugs or alcohol, which actually worsen anxiety and increase the panic attacks. The disorder

the following information came from the book Deal With It! by
Curl.com:

Information and Symptoms of Disorders

COMMON PSYCHIATRIC ILLNESSES

Manic-Depressive Illness (Bipolar Disorder)

What it is: Mood swings from extremely elevated (happy) to severely depressed. Each phase may last up to 3 months individually, or a person might feel both extremes at once. Medically known as bipolar mood disorder, it usually starts in adult life before the age of 35. It may start in adolescence or earlier. People whose parents have it are more likely to develop it themselves.

SYMPTOMS (of the manic stage):

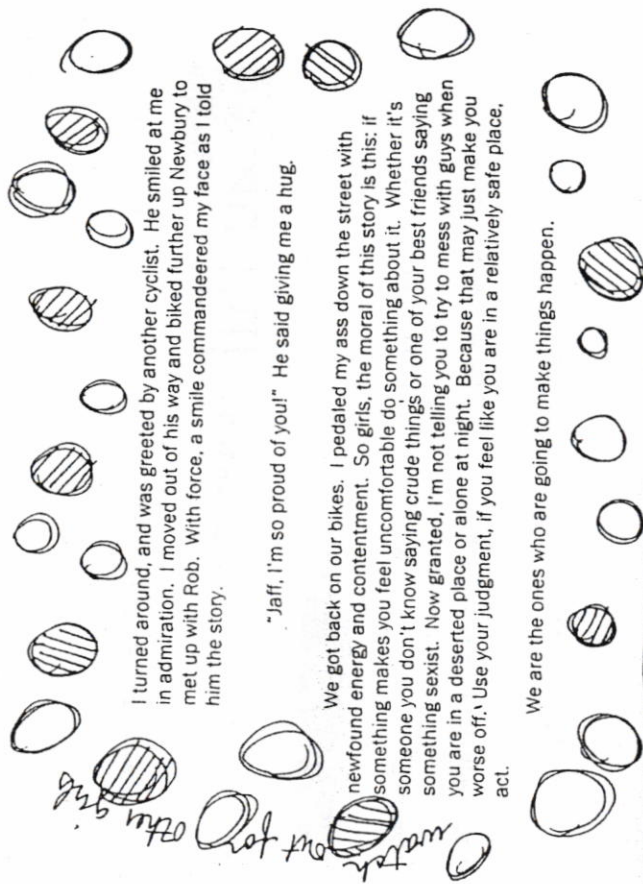
- severe mood changes; excessively good, happy, or irritable.
- unrealistically high self-esteem, often with grandiose delusio
- of a close connection to God or celebrities.
- hyperactivity; talking quickly, jumping from one topic to another without appropriate connections, refusal to allow interruptions, making plans to do too many things at once; spending large amounts of money.
- inability to concentrate.
- decreased need for sleep.
- sudden irritability.
- high risk-taking behavior, such as sexual promiscuity or reckless driving.

SYMPTOMS (of the depressive stage)

- depression, indifference, feelings of sadness and worthlessness
- unexplained crying spell.
- loss of pleasure from previously enjoyed activities
- frequent complaints of physical ailments, aches, and pains.
- low energy
- loss of memory or concentration.
- thoughts of suicide or death.
- major changes in diet or sleep patterns.

Obsessive-Compulsive Disorder (ODC)

What it is: This anxiety disorder often begins in adolescence or young adulthood. It is characterized by recurrent obsession (persistent, unwanted impulses or images) or compulsions (repetitive behaviors or rituals to help alleviate anxiety) that cause major distress and anxiety and significantly interfere with one's daily routine or relationships. For example, an obsessive fear of germs might coincide with compulsively washing one's hands. The ritualized behavior does not necessarily have anything to do with the fear of infection; more commonly, the person suffering from this disorder believes that by repeating the behavior, she may be able to ward off fears.



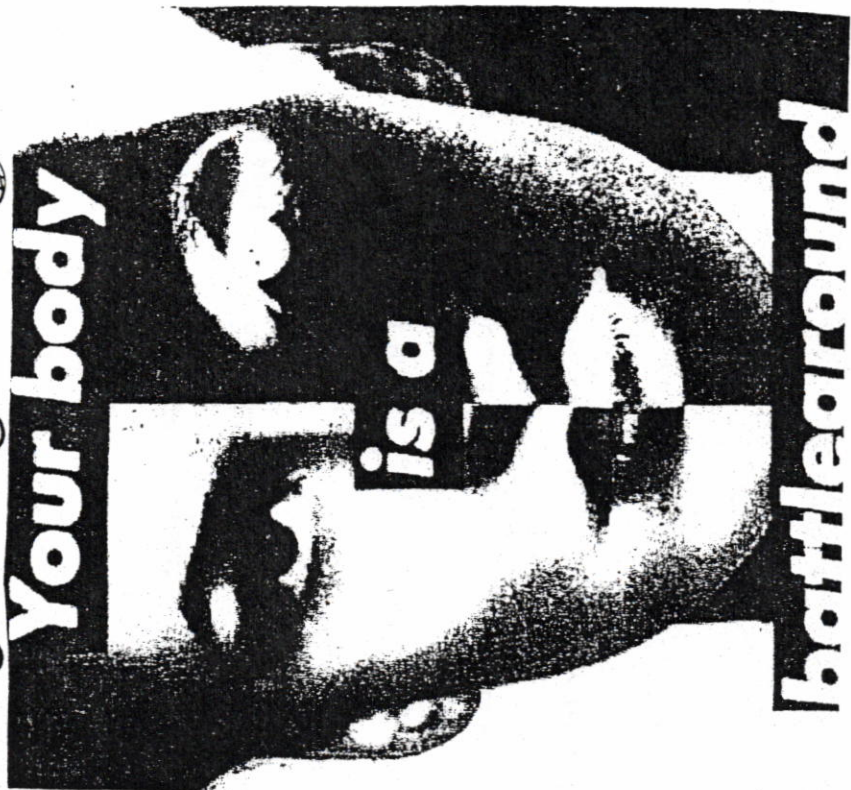
I turned around, and was greeted by another cyclist. He smiled at me in admiration. I moved out of his way and biked further up Newbury to meet up with Rob. With force, a smile commandeered my face as I told him the story.

"Jaff, I'm so proud of you!" He said giving me a hug.

We got back on our bikes. I pedaled my ass down the street with newfound energy and contentment. So girls, the moral of this story is this: if something makes you feel uncomfortable do something about it. Whether it's someone you don't know saying crude things or one of your best friends saying something sexist. Now granted, I'm not telling you to try to mess with guys when you are in a deserted place or alone at night. Because that may just make you worse off. Use your judgment, if you feel like you are in a relatively safe place, act.

We are the ones who are going to make things happen.

Your body



battlearound

For those of you who know me, know that I'm not some

Beautiful SUPERMODEL I don't fit the idealistic

standards that society has set for the "PERFECT" woman.

I'm not tall, my skins not flawless, My hairs not long and wavy

and I'm certainly not skinny. In fact I'm the exact opposite in

every way. I'm 5'1 around 160lbs, my hair is short and I get

zits just like everybody else. For a long time though, that wasn't
good enough for me. I wanted so badly to be someone else.

I was willing to do anything to achieve my goal. Not knowing how
that still pains me to this day.

After I had eaten "too much" one day I decided I was going to
make myself vomit it up, I thought, in fact I promised myself, it

would be the only time I would ever do it. With my head hung over
the toilet and my finger shoved down the back of my throat I
began the worst period in my life. It was horrible. I felt ashamed

WHAT IS TOXIC SHOCK SYNDROME (TSS)?

TSS is a rare bacteria-caused illness occurring mostly in menstruating women who use high absorbency tampons. Non-menstrual TSS risk is increased for women who use vaginal barrier, contraceptive methods, although the incidence is much lower.

WHAT CAUSES TSS?

The main cause of TSS is a certain strain of staph, the bacterium *Staphylococcus Aureus*. Hyperabsorbent tampons may facilitate the infection because their prolonged intra-vaginal use enhances the bacterial growth.

WHAT ARE THE SYMPTOMS?

Symptoms of TSS occur suddenly: a high fever (102° F, 38.8° C or higher), vomiting, diarrhea, a sunburn-like rash, red eyes, dizziness, lightheadedness, muscle aches, and drops in blood pressure, which may cause fainting. The infection can cause shock, kidney and liver failure. These symptoms require prompt medical evaluation.

HOW IS IT TREATED?

If TSS is suspected, hospitalization is recommended. Intravenous fluids and antibiotics will be administered.

CAN IT BE PREVENTED?

You can reduce the risk of TSS by alternating your tampon or internally worn products with pads. Use a tampon with the minimum absorbency needed to control your flow. Review the information on absorbency of your tampon brand. Change the tampon or internally worn product as directed. If you have ever been diagnosed with TSS, you should not use tampons.

WHAT SHOULD I DO IF I SUSPECT TSS?

At the first sign of a fever or rash, remove tampon immediately, as this may help prevent your symptoms from worsening. Seek medical care immediately.

Menstrual Problems

Women should keep track of when their periods start and where they expect their next period; this not only helps determine pregnancy, but also helps women and their health care providers evaluate other reproductive health conditions. A number of symptoms surrounding menstruation can cause a great deal of worry. Most fall within the "normal" range of symptoms, but a woman needs to pay attention to all symptoms to determine what is "normal" for her. If you are uncertain, seek the advice of a health professional.

Amenorrhea

Amenorrhea is an absence or abnormal stoppage of menstruation. In college women this can be associated with stress, severe dieting including eating disorders, increased levels of exercise, and illness. Or, it could indicate a pregnancy. In any case, if you have kept track of your cycles and know what is normal for you, you can help a health professional evaluate the missed period.

Endometriosis

What is it?

It occurs when tissue like the stuff that lines the uterus (called the endometrium) is found outside the uterus -- usually in the abdomen on the ovaries, fallopian tubes, and ligaments that support the uterus; the area between the vagina and rectum; the outer surface of the uterus; and the lining of the pelvic cavity. Other sites for these endometrial growths may include the bladder, bowel, vagina, cervix, vulva, and in abdominal surgical scars. The tissue from the endometri develops into growths that respond to the menstrual cycle in the same way that the tissue of the uterus lining does. Every month the tissue of the endometri builds up, breaks down and sheds, but unlike the lining of the uterus that leaves the body, the endometrial material cannot. This results in the internal bleeding, and breakdown of the blood and tissue from the growths and inflammation. It also can cause pain, infertility, scar tissue formation, adhesions, and bowel problems.

What are the Symptoms of Endometriosis?

- Pain before and during periods
- Pain with sex
- Infertility
- Fatigue
- Painful urination during periods
- Painful bowel movements during periods
- Other Gastrointestinal upsets such as diarrhea, constipation, nausea.

many women with endometriosis suffer from:

- Allergies
- Chemical sensitivities
- Frequent yeast infections

Ok now what?

Basically now you go to the doctor because you cannot diagnose or treat this yourself. Treatment includes pain medication, hormonal therapy, surgery, and alternative methods like Chinese medical theories, nutritional approaches, and homeopathy.

that I would make myself do that, but at the same time, I felt that if I kept the food out of my system that I would be able to lose the pounds that I so desired too. The next day it was the same thing all over again. I couldn't stop myself, the urge was too intense. It became like a drug to me. What's even worse is that I knew I was hurting myself. Day after day, I just couldn't bring myself to stop, and I was sure that the pounds would start to melt away.

Regardless of the constant burning sensation in my throat and always feeling disgusting and sick, I didn't stop. For almost six

months I hid it from my friends and my family. I was afraid to tell them, afraid of what they would think, that they would look down upon me. I developed social anxiety and threw myself into a deep

depression. I remember times that I would stand in front of my mirror and just stare into it, hoping that somehow, somehow the person looking back at me would disappear and a new "better" skinny

mini Kate Moss lookalike would appear in my place. I would stare so

long that I couldn't even make out my face anymore. It was just pieces and blurs. It was unreal. I couldn't believe that this was my life.

Almost two years later and I'm still recovering, physically and emotionally. Recently I have developed stomach problems that the doctors aren't sure what is causing them. I've been in and out of the hospital getting countless blood tests. I'm convinced it's from the bulimia. I'm still dealing with anxieties and mild depression. It's hard to look back and think about it all. Sometimes I still start to feel the way I did then. People scare me. I'm afraid of what they're thinking when I walk past. For about a year after I tried every crash diet known to man including the cabbage soup "lose 20 pounds in a week" diet... I think I gained two....after eating that crap for a week....You're bound to want some cookies....

If I could take it back I would in a second. Nothing, especially looking like every single teenage girls magazine says I should, is worth that kind of pain. I am learning to love myself for who I am

Premenstrual Syndrome (PMS)

Premenstrual Syndrome, or PMS, refers to a combination of symptoms experienced by many women during the menstrual cycle, usually just before menstrual bleeding begins. The intensity and range of symptoms vary widely. Symptoms may include temporary (water) weight gain or a bloated feeling, headaches, cramps, tender breasts, tension, skin outbreaks and depression. All of these may occur to some degree when hormonal balances change. Women are encouraged to keep track of their cycle and symptoms to document for themselves their own pattern. Diet (low sodium/salt, increased fluids, high fiber, high complex carbohydrates, low fat and low sugar), exercise, massage, relaxation techniques, and prescription medication may be helpful in alleviating symptoms.

Researchers are investigating the relationship of PMS to certain vitamins and minerals. Check with your health care provider about the advisability of taking extra nutrients to relieve PMS.

Dysmenorrhea

Dysmenorrhea is painful menstruation. It is normal to experience some pain and cramping as part of the menstrual cycle. If menstrual pain interferes with your normal activities, ask your health care professional for advice. While keeping track of your cycles, you might also want to develop a personal index that measures how uncomfortable you are through your cycle. If pain increases over "normal" for you it would be helpful for the health professional to be able to assess both the length of the cycle, number of days of flow, and intensity of the pain.

Preventive Measures

- Wipe front to back.
- Always pee before and after sex. This really helps!
- Work cranberries and 100% (!) cranberry juice into your diet.
- If you gotta go, you gotta go. Urine that hangs around in your bladder for a prolonged period of time can cultivate more bacteria.
- Stay hydrated. If you're prone to U.T.I.s don't consume too much caffeine because it can make you dehydrated.
- Make sure you are properly lubricated during vaginal sex.
- If you use a lubricant, avoid ones containing glycerin.
- Use a condom during anal sex and wash well if there is going to be anymore vaginal contact.
- Over the counter Urstat is good for a quick fix.
- Prescription antibiotics can alleviate pain in a day or two.

Herbal Remedies

- Use Bearberry leaves (also called Uva-ursi) in infusion. The most basic way to make an infusion is to use 2 cups of water per 1 ounce (large handful) of leaves.

Add Bearberry leaves to the boiling water; remove from heat and cover. Steep for at least 20 minutes and drain.

Drink a half cup, 3 to 4 times a day.

- Take yarrow leaves in infusion, using the infusion steps for bearberry, and drink 3-4 cups daily.

- Try a more alkaline diet comprised of fruits, almonds, leeks, turnips, and barley. Avoid coffee, tea, meat, white flour, sugar and acid generating foods.

- In addition, take goldenseal capsules for 2 weeks.

- In case of pain, take valerian capsules as needed.

- Sometimes what appears to be a U.T.I. can actually be a sexually transmitted disease. So you might want to go to Planned Parenthood and get yourself checked out. (Sometimes they'll even let you look under the microscope!)

Planned Parenthood:

1055 Commonwealth Ave, Boston, MA (617) 616-1600

Springfield, MA

631 Lincoln St., Worcester, MA (508) 854-3300

For other locations:

110 Maple St., Suite 215

Info taken from: personal experience,

Herbal remedies taken directly from Hot Pantz zine.

not what I look like. I have a wonderful boyfriend who loves me regardless of my appearance. My friends are awesome and I

know that if I ever need anything no matter what they'll be there to keep me grounded. I am finally beginning to feel comfortable in my skin... I think I'll go have a cookie...

Did you know...

Between 5 and 10 million adolescent girls and women, and one million boys and men suffer from eating disorders

Between 10% and 15% of those diagnosed with bulimia nervosa are men

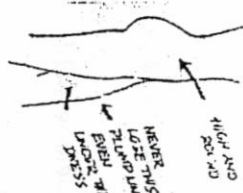
About 2%-3% of young women develop bulimia nervosa

If untreated anorexia and bulimia may become chronic and leave terrible health problems even death

An estimated 1,000 women die each year of anorexia nervosa

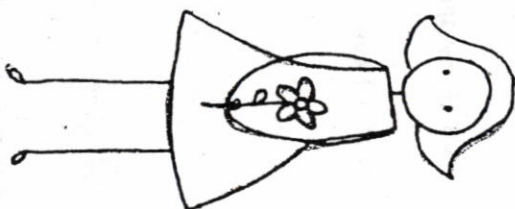
Binge eating disorder is found in about 2 percent of the general population-more often in women than men

nobody gets away with these ideas,
or... and ideals of



nobody gets away from these ideas.

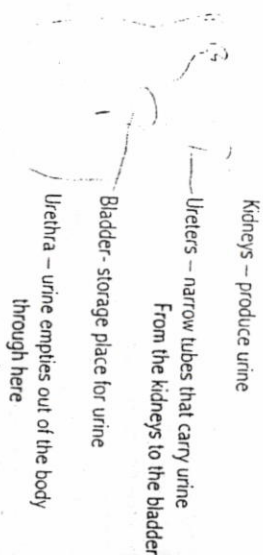
dress to please. those hips to tease. bigger sexier eyes. leaner thighs. high cheekbones. tummy toned. small chin. clear skin. childbearing hips. collagen lips. exotic tits. fake fingernail tips. pantene hair. who wants to see the same girl everywhere? look like a picture. trust television for sure. smaller feet. eyebrows that don't meet. heroin sheik. blush brushed cheeks. bad perms. abs firm. full red lips and curvy fertile hips. reminds him of sex. long thin necks. small waist. angelic face. look better not fatter tomorrow. feel better not flatter tomorrow. be happier be healthier be funnier be wealthier. be assertive an executive. be easy not sleazy. say no if you're not sure. don't go if that's what you're going to wear. i like looking at pretty girls... look at



those curls. basic face. makeup in place. wear it so it looks like you're not. natural robot. if that shirt was tighter, you'd look hot. you exhibitionist. you're the sexist. average height. weight. hair light. fake. nylons. hard-ons. should be a model. if only she was tall. hide those circles girls. cover that gray lady. laser surgery and face lifts at eighty. skinny enough. but in the chest...accent sex. exercises for the breasts. I must...I must...I must increase my bust...pluck once a week...if you want whiter teeth. penhouse. full mouth. abs without flab. only drink tab. eyelashes that curl...revlon girls... or do we want revolution girls...



111 use god-awful urinary tract infections



The Occasional U.T.I.

Usually urine is sterile. It's just a mixture of water, salt and other stuff. An infection occurs when microorganisms, most commonly from the digestive tract, cling to the opening of your unassuming urethra. Here, the little bastards set up camp, multiple, and cause that burning sensation commonly known as a bladder infection.

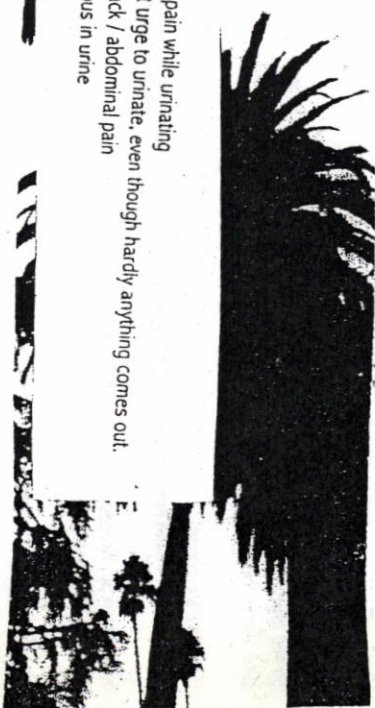
Frequent U.T.I.s

The stats: 20% of women who have a u.t.i. will have another one.
30% of those women will have yet another
80% of those women will have recurrences
This is not to scare you! But with education, you can take steps to reduce the risk of u.t.i.s.

Some women are just prone to getting urinary tract infections. Some researchers suggest that certain blood types are more prone to getting u.t.i.s. This may be because these blood types make it easier for microorganisms to attach themselves to the urethra. (This is just one theory. My guess is that there isn't a lot of research done on UTIs since it is a condition that predominantly affects women. It's just not seen as important as impotence or something like that)

Symptoms

- Burning pain while urinating
- Frequent urge to urinate, even though hardly anything comes out.
- Lower back / abdominal pain
- Blood / pus in urine
- Fever



Its good to learn new ways of curing your own diseases but be careful!!! Here are some **DO NOT TRY AT HOME'S** just as a warning:

- although it might seem logical to relieve itching with baking soda, DON'T try it. it will just raise the pH of your vagina, make the yeast happier, and make you unhappy
- do not try using echinacea/goldenseal capsules to relieve yeast infections. One woman apparently was experimenting with her own home remedy, and ran into a spot of trouble. here's her testimonial: "Ok - you know how echinacea as a tea can tingle your tongue? it burns the shit out of your crotch. I mean pure fire. And this was a totally stupid thing to do -- but I figured -- don't ask what I figured. Just please tell people NOT to do it. It's dumb." so remember, girlfriends, goldenseal by itself is fine, but don't try echinacea.

• I also read "you should never put Nivea on a burning crotch. It sends it straight to hell and since Nivea absorbs quickly, you can't wash it off either." Im not sure what Nivea is but I know im never going to put it on my crotch!

Ok so that about wraps this up. Hopefully you've gained something from this, if not a happy crotch at least a better perspective on how to be in control. I leave you with where I got this information so you can feel more assured that I am not just pulling this stuff out of my ass. Most of it is off of a web page written by a biology professor, who got her information from a list of medical websites including: the FDA consumer reprint, Family Health web page, The university of Iowa's virtual hospital, Centers for disease control and prevention, Korean Gynecological Center, Northern Arizona University's student health center, American Academy of Family Physicians, the Barnard/Columbia Women's Handbook. Have fun girls!



Tampons

Nearly all major brand tampons contain synthetic fibers

Studies have found that rayon, the synthetic fiber contained in commercial tampons, creates an ideal environment for the growth of *Staphylococcus aureus* bacteria, which causes Toxic Shock Syndrome.

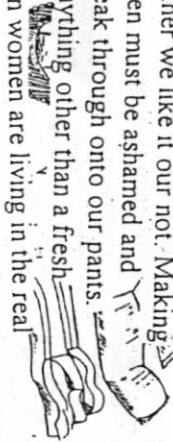
Major brand tampons are made of conventionally grown cotton which can be exposed to synthetic fertilizers, herbicides, pesticides, and defoliants.

Plastic tampon applicators from sewage outfalls are one of the most common forms of trash on beaches.

Most women use tampons to absorb that monthly flow we know and love. On average one woman will use at least 11,400 tampons in her life time some where between \$2000 and \$3000 per person. Toxic shock syndrome and endometriosis are both closely linked to the general use of tampons and in more recent studies it was found that dioxins were being used in the manufacturing of tampons. Dioxin is a chemical byproduct of bleach that is a carcinogen. United states tampons are bleached with chlorine during production to give you that "fresh" look. I don't know about you but who wants bleach soaking in to their vagina? That doesn't sound "fresh" to me. In a statement sent out to defend tampons by the FDA (food and drug administration) they admitted to "amounts" of dioxins in tampons. They also say that "not using tampons will give you less of a chance of getting Toxic Shock Syndrome" however they stress that there is little to no health risk in using tampons.

At the present time three of the four original synthetic fibers used in tampons have been removed. Viscose rayon, and leachable chemical additives such as dioxin, remain in tampons. However labels do not and are not required to specify these additives. The ingredients on a box of Tampax tampons include: Cotton and or rayon fiber, rayon over wrap, and a cotton cord. There is no listing as to what makes these tampons as white as they are. Pads have a synthetic outer layer which comes in contact with the lips of the vagina. Although they are not inserted into the vagina, having the chemicals in such close proximity also has risk attached to it. Of course it is not women's

fault, to be buying these products blindly and not even thinking that something made for our bodies could hurt us. Or for the environmental pollution attached to tampons production and disposal. Bright, White, disposable tampons and pads are presented to women as the only clean and acceptable way for us to deal with our dirty, dirty blood flow. Just to note the use of disposable tampons and pads implies the purchase and use of more disposable products, making women victims to consumer culture weather we like it or not. Making millions of dollars off the idea that women must be ashamed and private of our periods. We must never leak through onto our pants. And absolutely mustn't ever smell like anything other than a fresh summers eve



Unfortunately, hardly any American women are living in the real world about this. WE BLEED. Blood and mucus comes out of pretty much every women's vaginas every month. This is not gory, or gross rancid, secret or weird. Every body knows this happens, it is totally natural, and we must not be ashamed of it. Otherwise we are only

FLUID DURING A PERIOD



putting our own health and environment in danger. Any embarrassment or shame you might feel could be the result of culturally inspired negative conditioning. How we perceive and understand the feelings that go along with our periods can have a dramatic effect on our health. Imagine the destiny of the girl who hears "now you've got the curse! Get ready for cramps and one big fucking bloody mess." The same goes for grown women who have read on the side of tampons boxes for years "New fresh scent tampons" implying that we don't smell fresh enough down there already. Or tampons that ensure us there won't be a leak, or pads with wings so we don't have to worry about "embarrassing episodes" and adds that say "you'll never have to worry again, absolute freedom" implying that our periods in some way restrain us from being able to function and that tampons can "free" us from our body's natural functions.

It is a sad fact that a women's bodily functions such as periods, child birth, menopause- are viewed as medical conditions. We are taught that we have smells all over us that need to be "sprayed" into secrecy, concealed, and hair that needs to be shaved off or bleached to blend in, that breast feeding in public is disgraceful, and now we are all supposed to look like anorexic prepubescent fashion models! They profit from our shame that they have pushed on us. As if Jenny Craig has associates that go around calling women fat, and then handing them a business card

foods, and is often used in brewing beer to stop the growth of the yeast at the correct time. potassium sorbate is therefore available at places that sell home-brewing supplies, and at some natural foods stores. to use it, make a 3% solution by adding 8 gm (about 1 tablespoon) potassium sorbate to 1 cup of water. the idea is to dip a cotton tampon in the solution, insert it at bedtime, remove it in the morning, and continue this treatment for a few days until the symptoms are gone. for the life of me, i can't figure out how you'd get a soaking-wet, expanded tampon into a vagina, and i've never tried it. maybe if you used a tampon in one of those horrible plastic applicators you could manage it. another idea, suggested by one doctor, is to insert a dry tampon and then squirt a bunch of the solution up afterward, so the tampon will absorb the fluid and hold it in place. sounds like it should work a little better.

gentian violet is a traditional remedy for yeast and other infections that predates most modern antifungals and antibiotics. it used to be carried in pharmacies; some still have it, usually in the same section as iodine, and some friendly pharmacists will order it for you if you ask. the idea is to swab it all over the vulva and up into the vagina once or twice a day for a few days. wear black clothes or use thick pads, because the stuff is brilliant purple and stains everything it touches. Some women are allergic to it, and i read this email from a very distressed woman: "it was recommended to me, and my experience was frightening. A friend ... advised me to dip a tampon into the solution and insert. The next day i was in so much pain, my mom had to drive me to the doctor, who painfully investigated the area, and after inspecting a swollen, itchy, PURPLE twat, told me i had a reaction. She gave me some medication ... i hope you can pass the word of caution on to other women!" also, i heard from a website from the UK that the stuff is a suspected carcinogen and is now unavailable in some EU countries. you might want to think twice about using it, but it's your call. cranberries are often used in treating urinary tract infections, which apparently works because the berries contain substances that inhibit bacteria from clinging to the walls of your urinary tract. cranberries also lower the pH of your urine, which may be useful in helping combat yeast infections, since the acidic urine passes over some of your infected parts on its way out. as such, it's a pretty mild remedy, which is great if you think you may be coming down with a yeast infection; for more serious infections, it can be used in combination with other remedies, because some can't handle the extreme sourness of the unsweetened juice. they can take small handfuls of cranberry pills (available in natural foods stores) during the entire course of a yeast infection as a supplement to other home remedies.



Garlic contains natural antifungal substances that kill off yeast. to try it, find yourself a fresh clove of garlic and carefully peel all the papery skin off it. next, make a little tampony thing by wrapping it in gauze or cheesecloth, tying the ends with unwaxed dental floss, and leaving a bit of string dangling so you'll be able to pull it out afterward. Or just fasten the dental floss directly to the garlic **WITHOUT PIERCING ITS SKIN** now, believe it or not, insert it into your vagina. don't worry about losing it up there, because of course it can't get through your cervix. leave it in for several hours at a time, like overnight, and be sure to remove it in the morning. for early or mild infections, nighttime treatments may be enough; try several nights in a row, until one day after the symptoms disappear. if your infection is more severe, put a fresh clove in every morning and every night. (some find the dry gauze painful to insert, and unnecessary. and have found that an unwrapped clove shoved up there will eventually work its way out, and even if it doesn't just fall out it can usually be expelled by bearing down and squeezing like you are trying to take a crap. but don't try this unless you are willing to face the possibility of asking a friend or doctor to retrieve it later!) most sources say to be careful not to nick the clove as you are peeling it, maybe because the juice stings some people, but I haven't heard of anyone who has had a problem with that. if this makes you nervous, you could also try the garlic capsules that are sold as a dietary supplement in many health food stores, but be sure to get the kind with a soft coating that will dissolve inside you. either way, it's fun to try. The downsides are that it's a fairly moderate treatment and won't work by itself for some really stubborn infections, and that a few people are allergic to garlic and can't go shoving it in their orifices without getting really sick.

tea tree oil is available

in the US at many natural foods stores. a terrifically helpful woman wrote that in Italy, tea tree oil is widely used for yeast infections. she said that her pharmacist told her to coat the top half of a non-applicator type tampon with a lubricant (such as K.Y. jelly or even olive oil), then apply a few drops of pure tea tree oil, and insert. the lubricant keeps the tea tree oil from absorbing into the tampon. she also said that she finds that the tea tree oil can sting if it comes in contact with the vulva, so she uses an applicator tampon, by just lifting off the top part of the applicator to expose the tampon, applying the K.Y. jelly and tea tree oil, and putting the tampon back into the applicator. what a great idea!

boric acid is a great remedy for a cockroach-ridden apartment, and it turns out to kill yeasty pests, too. amazing. the idea is load up some size 00 capsules from a pharmacy or natural foods store with boric acid to use as suppositories; the heat and moisture in your vagina will melt the capsules and release the boric acid. insert 2 capsules filled with boric acid, about 600 mg total, into your vagina every night for a week. (to be extra sure, continue this treatment twice a

week for the next 3 weeks.) this is a pretty strong treatment, and is capable of effectively treating even severe or persistent yeast infections. some women find that the boric acid causes some superficial burning and discomfort for the first few days, and may cause large amounts of vaginal discharge. discontinue use if the burning is severe.

THE FUNCTIONS OF THE VAGINA

THE VAGINA IS A LOT LIKE A BALLOON. IT'S NORMALLY FLAT, BUT CAN EXPAND.

THE VAGINA NORMALLY, DIPPING INTO THE Vagina

We follow menstrual taboos these days, not only are we embarrassed by our periods and so we buy tampons and pads to save us from our plights but we are embarrassed to buy these menstrual products. As if by slapping that box on the counter is some how proclaiming "Yes I menstruate! I get my mutha fuckin period! This is I could be bleeding all over my underwear right now!" Is that some how unfeminine? When in reality it is the most feminine. This is breaking the unspoken rule to keep bodily functions a secret. How is it that we have become ashamed of our bodies? We think we are too fat or too skinny or too old or not old enough or that we need to paint our beautiful faces with make up to some how enhance ourselves? Or that we need to smell like nasty so called "fresh scent" when I would rather smell of stale sweat and pussy juices any day. How can we not love our bodies for what they are? Beautiful, amazing, versatile, and enduring, and so much more. We refuse to allow them to profit off our shame any more. I will not pay for the band-aids to the wounds they have given me.



TAMPONS ARE SMALL TUBES OF COTTON THAT ARE GENTLY INSERTED INTO THE VAGINA TO ABSORB MENSTRUATION.

A few months ago a 14 yr old girl in Mansfield, MA was raped. She brought the 101st, teenager Dean McSweeney to court. He plead guilty. The judge, Ernest B. Murphy who sits on the Fall River Superior Court bench, gave Mc Sweeney 8 months

probation - no jail time. Judge Murphy was quoted in various news sources saying that the victim should "get over it." Enraged I wrote him a letter. A few weeks later he replied with a hand written one.

Greetings Mr. Murphy,

I am writing to you to express my sincere disgust and disbelief over your ruling in the case of a raped fourteen-year-old child. First of all, I would like to chastise you for your complete lack of decency in berating this child while on the bench. Your recommendation to "get over it," was not only completely insensitive but also unprofessional and inhumane.

Mr. Murphy, are you fortunate enough to have women in your life? Perhaps you have a mother? A sister? Daughters? How would you feel if they were raped? Do you know what rape does to a woman? It not only alters her emotional state for life, but it also interferes with her "pursuit of happiness" - a right that is natural and undeniable. Rape devastates a woman well past the day of the actual incident. It wreaks havoc on her emotional life, taking away her ability to

function as she normally would. It also greatly affects her sexuality. Would you like to be unable to participate in sexual pleasure because you were raped?

Rape takes away a woman's safety and forces her into silence. Most victims of rape blame themselves, when the tragedy is in no way their fault. This self blaming is a direct result of a society that sees rape as a woman's issue, and therefore, closes its eyes to it.

Rape is not a crime of sex. Rape is a violent crime and should be punished as such.

Rape cannot be deduced to a "boys will be boys" mentality.

Mr. Murphy, your decision in the case of this young Mansfield girl's trial is abominable. It sets a terrible precedent for future rape cases. Dean McSweeney pleaded guilty. Guilty of rape. Yet you let him have freedom. You looked out for a rapist's best interest. While this young man is enjoying his freedom, there is fourteen-year-old girl nearby who is terrified on a daily basis because you made an unjust decision.

Do the right thing. Make a public apology and reconsider your decision. Would your mother be proud Ernest?

HOWEVER if these don't help you need to see a doctor or resort to over the counter drugs. the remedies listed below are in no particular order, except that the more common ones are towards the top of the list. these treatments should clear up most candida (Yeast) infections, and do feel free to combine 2 or 3 of them if you think you need it. Its safe!

Yogurt is the #1 choice of do-it-yourselfers everywhere, and is so common that even some professional medical types recommend it. Yogurt contains Lactobacillus acidophilus, a bacterium that also happens to be found in healthy vaginas. acidophilus kills yeast by producing hydrogen peroxide. most women using yogurt to treat a yeast infection simply apply it directly to the vulva and gently inject some into the vagina by any means necessary. but how to get in there? here's a method suggested by one website: put the yogurt in plastic tampon applicators and freeze them, and then you've got little yogurt-icles to use the tampon, but i find it actually soothing compared to the fires of a damn yeast infection. "i love it!". another person on that web page who has access to disposable gloves says she fills the fingers with yogurt and freezes them to make her yogurt-icles. (given that freeze-dried acidophilus tablets are available in health food stores, i'm guessing acidophilus can survive being made into a Popsicle.) other people use syringes (with no needle!) to squirt it up there. however you do it, be sure to use plain, unflavored yogurt with no added sugar, and be double sure that it contains live acidophilus cultures (available in natural

foods stores and many supermarkets), apply once or twice a day until at least a day after your symptoms clear up. another possibility is to insert acidophilus pills from your local supermarket or health food store (look in the refrigerated section); check and make sure the capsule is made of something soft enough to melt inside you. also, it appears that you may be able to get some of the same effects by eating a lot of yogurt, the idea being that some of the acidophilus will make it through your digestive system and then crawl from your anus over to where you want them, i.e., in your vagina. seems to me like a hell of a journey; i say if you want them in your crotch, just put them there. but some people do use this method to try ward off yeast infections, and report good success. also, if you are the parent of a young child with a yeast infection and don't want to try suppositories or strong drugs, this may be your best option.

Unfortunately, the production of dairy products is a definite downer from the cow's point of view. given today's factory farming methods, if you are a vegan you may want to think about getting some of the same benefits by using acidophilus pills from a natural foods store. you can easily open up the capsules, squirt it inside or dip a tampon in it and use it that way. i believe this delivers far more acidophilus than you would get from applying yogurt. i don't know if this is the best solution, however as i don't know where this acidophilus comes from (or how vegan it is), and the capsules used by most companies contain gelatin, which is an animal product

hormones, both naturally-occurring and artificially introduced, can affect many women taking contraceptive pills experience regular yeast infections as their hormone levels fluctuate whether or not you're on the pill, yeast generally doesn't like the pH of menstrual blood, so mild yeast infections will often go away during your period, don't get too excited though, because the yeast will sometimes rebound as soon as your period is over. Likewise, steroids used in the treatment of disorders like arthritis, asthma, or lupus can contribute to yeast infections. Due to ph levels.

Injury to the vulvar or vaginal membranes can lead to a yeast infection. This is almost always due to too much friction with not enough lubrication. In other words, if you or someone else is rubbing something in your vagina or against your crotch, be sure you're really wet, and if you're not wet enough on your own, don't be shy about adding lubrication, but be smart about what you use: oil-based products, like vaseline, break down latex; and even non-oily hand creams contain dyes and perfumes that can cause yeast infections! spit works, but only for a bit, and some people think it can lead to yeast infections. your best bet is to use a product designed as a sex lubricant, like K-Y (cheap but nasty), or better yet, Astroglide, Wet, or Probe (more expensive, but slipperier and longer-lasting. check your local pharmacy to see what they have).

sexual transmission: Candida (a yeast infection) can be transmitted between people by direct contact, and so can actually be a sexually-transmitted disease. lesbian partners are particularly susceptible to passing yeast infections back and forth, so if you or your lover has an active infection you should be extra careful to follow the safer sex guidelines: wash your hands or change your gloves in between touching your own crotch and your partner's, and keep your toys clean clean clean. and you should be aware that men can get yeast infections, often without symptoms. it's not uncommon for a yeast-infected woman who has unprotected sex with a man to infect him, treat her own infection, and then get reinfected next time she has sex with him. if you think your male lover might have

a yeast infection, get him some treatment, and practice safe sex at least until both of you are sure that your infections are gone.

weakened immune system: women with compromised immune systems due to HIV or Lyme disease are extremely prone to suffering from yeast infections. in addition to vaginal yeast infections, such people are particularly susceptible to thrush, a yeast infection of the throat, or esophageal yeast infections.

WARNING: if you have an active yeast infection, you should refrain from sexual activity that involves vaginal penetration, you should not use tampons, you should not use commercial douches, and you should take extra care to change your underwear and/or menstrual pads often.

I am including a do it yourself guide to curing yeast infections, mostly because won't it be nice to be in control of your own vagina? Also it is much cheaper, you won't be exposing your body to harsh chemicals, if it's not a yeast infection you won't be messing up your eco system down under, and so you have can minimal participation in our increasingly corporate culture

Contacting government officials and representatives is an important demonstration of our free of ~~586644~~. This is one way to find yr area representative. Go to www.epa.gov. Click on "Issu

Then click on "Send Letter." A link where you fill in yr address will appear. You will then be yr rep's mailing address (usually the state house). To find a judge's address you may need to c search. The listing for all MA judges is:

<http://www.state.ma.us/courts/courtsandjudges/judgesandjudicialofficers/judgelistngk-n.htm>



Dear Ms. Roode,

I am sorry not to have responded to your letter earlier, but it just reached my desk in Fall River this morning.

While I am ethically precluded from discussing any case which appears before me, including the McSweeney case, I can tell you that published quotations alleged to have been made by me in a lobby conference are fake. They were fabricated by the media.

It may cause you some reason to defer judgment upon my actions to know that both I and my clerk - present in the lobby conferences - have denied making any such denearing statements. The Herald has reported three unnamed attorney sources.

Since there are only four attorneys in a single conference the Judge, the Clerk, Defendant's council, and the Asst. District Attorney, everybody's math is suspect, wouldn't you say?

I wish I could write you about the case itself, but I cannot.

You ask if I have daughters.
I have five daughters.

Very Truly Yours,
Ernest B. Murnhu

he had no right.

Whenever I am surrounded by my friends, I feel as if nothing could go wrong...as if there will never be a moment where there isn't a reason to smile. So last night I lay down on a crowded floor beside one of my favorite girlfriends, and a boy who I couldn't remember his name, but he always seemed nice...he even offered a piece of the large blanket he was sharing with another. I fell ~~xxxx~~ asleep fast, in love with my friends and this life that I am lucky enough to be living...

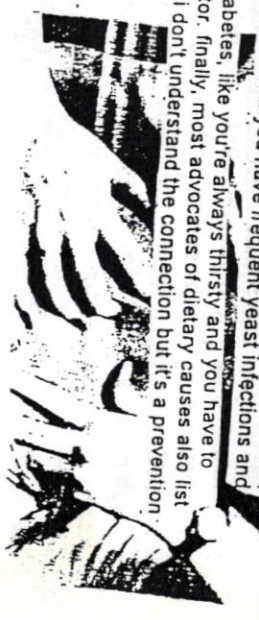
I am not sure what time it was, but the sun had not yet risen when I was startled awake in disbelief that someone's hand was running up and down my thigh. I kept my eyes closed, not having the strength to do anything else...trying to figure out if it was really happening or if I was just having a terribly realistic nightmare. I felt the warmth of his body hovering closer to mine as he leaned in a pressed his lips against mine as I slept (as far as he knew). All I could do to get away was react as if I were ~~xxx~~ asleep and brushed his face away in discomfort with my hand...clenching my eyes shut tight and allowing my hands to remain in front of my mouth so as to prevent him from stealing another kiss...one-sided kiss. He kept his hands to himself for a few minutes and I thought that I scared him away by making him believe that maybe he woke me up. I began drifting back to sleep before I felt his fingers run across my back, cally bare knee (I was wearing a short skirt and tight). His hand grazed over my left thigh before it dropped to my right leg that was resting underneath. His quivering fingers crawled slowly between my legs, and then ran up over my stomach and across my left breast. For some reason all I could do was lie there helplessly, pretending I was still sleeping in complete disbelief that he would continue during what he thought was my unconsciousness. His hand fell back to my stomach where he found bare skin peering out from underneath my shirt. He began feeling his way up when I couldn't take it anymore. I jerked my body away, and kept moving back until ~~no~~ my limb was touching any of him...I acted as though I was possibly still asleep. He, startled by my reaction, lay motionless for a few moments. All I could hear was the deep breaths ~~xxxx~~ escaping the mouths of the other kids comfortably asleep on the same floor.

clothing: crotch yeast flourishes in non-cotton, tight, or dirty clothes that trap heat and moisture. You absolutely best bet is to wear a skirt with no underwear or tights, and definitely avoid pantyhose. Tight high stockings are your best bet here, and if you do wear underwear, go with unbleached, undyed cotton underwear and breathable clothes. It's a good idea to change your underpants regularly, like maybe once a day. If at all possible, don't sleep in underwear; if you do, put on clean stuff. Yeast can live in your underwear, so be sure to wash it well, particularly during and after a yeast infection. Some medical types think that when you have a yeast infection, you should wash and dry your underwear and then iron it or throw it in the microwave on high for 5 min to kill the yeast. However make sure your undies have no plastic on them cause it will melt!

Chemicals, such as inks, dyes, and perfumes, can upset the balance in your crotch or trigger allergic reactions that lead to yeast infections. The classic example is commercial douches, which have no benefits and are definitely harmful to the vaginal environment. You know those odor-causing bacteria that douches help you get rid of? Well, they're the same bacteria that kill the yeast in your crotch! On top of that, soaps are not only disruptive to the vaginal environment, but can damage your mucus membranes. You should never soap your crotch, but there are other, less obvious sources of nasty chemicals. For example, some people have serious problems with those colored, perfumed toilet papers, like Scott's. If you think that's your problem, try an unscented, undyed toilet paper, laundry detergents and fabric softeners have allergenic dyes and perfumes. Again, try an eco brand, or something like Arm & Hammer fragrance free detergent, additives in bubble baths or bath salts, scented tampons or sanitary pads, or (heaven forbid) feminine deodorant sprays, can similarly trigger yeast infections.

Condoms can promote yeast infections in two different ways. First, a lot of condoms come packaged with a lubricant that contains nonoxonyl-9, a spermicide that may kill the HIV virus. Several recent studies have shown that using a condom that doesn't have a spermicidal lubricant, and use a different spermicide or additional barrier protection, condoms can also cause yeast infections. If you are allergic to latex, although this is less common, if this is the case, don't give up hope on practicing safer sex. You may want to try some of the newer plastic (polyurethane) condoms for boys or girls.

diet: some people say that cutting down on yeast-containing foods helps lessen the intensity or frequency of vaginal yeast infections. I don't understand how this could matter, because the kind of yeast that's found in foods like bread or beer is not at all like the yeast found in the vagina. But hey, it can't hurt, and it might help. Similarly, many people believe that high levels of sugar in your diet contribute to yeast infections, presumably by elevating sugar levels in your urine. Giving the yeast more food, I can't see how this could happen in a healthy person, but if you think it's a problem for you, cut down on your sugar and alcohol intake. It is clear that women with poorly controlled diabetes get frequent yeast infections, precisely because of sugar in the urine. If you have frequent yeast infections and have other symptoms of diabetes, like you're always thirsty and you have to urinate often, go see a doctor. Finally, most advocates of dietary causes also list caffeine as a factor. Again, I don't understand the connection but it's a prevention tactic and up to you.



There are three other types of crotch rot that are often confused for yeast infections... **DO NOT BE FOOLED!**

Bacterial infection of the vagina can feel a lot like a yeast infection if the vulva area is itchy or painful, unlike a yeast infection, the discharge can be dark yellow, green, or brown, and it won't smell like bread; it can smell like fish or something rotting, particularly after you have sex. If you think this is what you have, go to the doctor ASAP. The treatment is hardcore antibiotics.

Urinary Tract Infections: or UTIs are due to bacteria infecting the urethra rather than the vagina. UTIs can be fairly easily distinguished from vaginal infections by a host of symptoms, including pain or burning when urinating, blood or mucus in urine, needing to urinate often, pain or pressure in back or lower abdomen, and a fever or chills. If you think you might have a UTI, don't mess around; go see a doctor, because the infection can travel up past the bladder, causing kidney damage.

Trichomoniasis is caused by a parasite that can infect both the vagina and the urinary tract, and is primarily sexually transmitted. If you have a trich infection, your crotch can be itchy or painful, it can hurt to urinate, intercourse can be painful, and occasionally you can experience pain in your lower abdomen. You have to see a doctor to get antibiotics for trich.

There are two good reasons to learn a bit about the causes of vaginal yeast infections. **First**, if you have recurring yeast infections, you can figure out what's causing them and then work to prevent them, rather than just working to kill the yeast every time it happens. **Second**, if you know what kinds of things cause you to get yeast infections, you can prevent them and be alert for symptoms and treat them early on with the generally-milder do-it-yourself remedies, rather than bombarding your body with drugs. Vaginal yeast infections are caused by *Candida albicans*, which, along with a few types of bacteria, are normally present in relatively small numbers in your crotch. However sometimes the yeast multiplies rapidly and take over, causing a full-fledged yeast infection.

This can be due to a change in the vaginal environments, injury, sexual transmission, or HIV, also common environmental disruptions that favor yeast include increased pH, increased heat and moisture, allergic reactions, elevated sugar levels, hormonal changes, and a reduction in the amount of bacteria that are normally present in the vagina. These causes are generally caused by the following categories of culprits:

Antibiotics: probably the leading cause of vaginal yeast infections in American women, and are a great example of the important principle that by using technology to solve problems, we create other problems. Say you take an antibiotic to cure your sinus infection, the antibiotic kills the unwanted bacteria in your sinuses, but can also kill the "good" bacteria in your crotch, upsetting the balance of your vaginal ecosystem, allowing the yeast to take over. (Antibacterial deodorant soap can have the same effect.) Most women have problems with only a few types of antibiotics, or with prolonged antibiotic treatment. Others get yeast infections every time they take antibiotics. Unfortunately, I know of no way of preventing an antibiotic-induced yeast infection; you just have to treat it once it starts. And be aware of how you react to anti-biotic.

Where I was being violated, ~~that~~, suddenly his harsh whisper broke through the sleepful silence. "I'm sorry," he said, "I'm sorry." "What? You're sorry? That's all you can say? But, what did I say? What did I do? Nothing... nothing." I just laid there and let him put his hands all over me because I didn't know what else to do. I couldn't get any words to form in my mouth. I fell back asleep cuddled up closer to my girlfriend and awoke along with everyone, but feeling dirty, disgusting, violated, molested; my trust completely betrayed. I couldn't look at him, I couldn't even acknowledge that he was still in the same house. I slowly walked into the bathroom with tears ready to fall from my eyes. I held them back and looked in the mirror asking my reflection why this has to happen to me. Why has it ever happened to me... and why so many times? That night was definitely not the first. But it was the first time it happened when I didn't feel like it was at all provoked. It wasn't. All I did was lay there sleeping. I angrily wiped my lips disgusted that he was able to touch them with his. He had no right, and I know he knows it because he apologized when I finally pulled away. He knew he was wrong... but he did it just the same. How can I bring this from happening to me again, to anyone again? It's hard to say when I couldn't even speak up in the moment it was happening, and when I was in a place I felt the most safe... with my friends. How do you even trust your friends after this? All I am left with is questions, and he probably doesn't even remember any of this even happening. He had no right. He never has the right.

→ this is my immediate response to every that had happened... Following is a letter I received from him a couple weeks after the incident, judge for yourself...

11:00.
 mm, there are so many things to say. Let me provide you with an outline: it starts and ends with "I'm so sorry". Seriously, I don't really think you would have imagined how badly I feel about what I did and I, ugh, I am completely disgusted with myself. I don't really understand who I am anymore. Why did I think that was going to be acceptable behavior right then? In retrospect, I have no possible clue, but I do know what I **THOUGHT** was making it ok. For some inexplicable reason, I actually thought you were giving me some kind of signs. Sometime in the evening I thought that, then I thought I noticed again later and then again. Knowing now that this isn't true, I know why I was so delusional. I have been absent from the girl world so so long that I am totally clueless. I really have no idea what I'm doing, what they're doing, how it's done, how to know what is up. I'm totally lost. That plus my rather nagging lack of physical relations I guess the blunt truth is I'm hyper active to anything I think **MIGHT** be a sign.

I fancy myself a total loser. It's an awesome outlook to have! Good fun. I am convinced that I have absolutely no good qualities to offer and my situations only prove that. Is this true? Probably not. That's not really true for anyone at all. But my point is, I am generally pretty skeptical of anyone being interested in me. Everytime I think it might be happening I think twice and realize, "no, it's your stupid over active imagination" and I'm pretty sure I am right, but that's not the point. For whatever reason, little thing after little thing eventually came to the conclusion that **THIS TIME** it wasn't my imagination and that's when I started to, what "flirt" with you? I dunno what it was, but given the consequences I can't possibly tell you how much I wish I didn't do it.

I really was out of it or something, why I didn't at least realize right away that you were trying to ignore me so I'd stop, blows my mind. Well, I can see that now.. after I have the image of you covering your face and seemingly crying and turning over. That's a happy memory for me, yep. Sarcasm, pessimism, complaining aside, I **REALLY** AM SO SO SO SORRY.

I should explain why I felt the need to make sure I wrote you. Yes, I am sorry, ofcourse, but I want you to **REALLY** understand that I am not sorry just because you didn't have any interest and I got rejected. This is not a huge issue. It's terrible to me, but in general it's not anything compared to why I am sorry and ashamed because of what I did and how I did it. I was not trying to get anywhere, so if you got that impression, which I'm really really scared you probably did, I **NEED** you to believe that that was not the case. I've never in my life initiated a single thing with a girl ever, ever. I don't know how to do it really, but I also don't know IF I **SHOULD** do it. I'm thinking I should probably commit to the fact that I'm going to have to wait until some really desperate girl decides I'm fair game, because I am not equipped with the attributes it takes to be a go-getter. This is fine, sucks, but fine. I just want you to know that I was just acting on a very weird impulse that made no sense to me. It wasn't just that you curled over and into me that made me do it. I was kinda into you in [redacted] why? probably because you were semi-flirting with me and full-on flirting with [redacted] but even semi- is breaking news for me. Obviously also because you're really cool, but after my initial frustration from watching you and [redacted] make out in [redacted] and getting over it and deciding I can't think about these things... It wasn't a huge crush or anything, don't worry.. it was silly. I just anyway I had completely purged all my interest in you a few weeks after our so seeing you at shows was totally no big deal. But this time, for whatever reason, all of that came back. Something to do with me, being an idiot, yea that's the reason.

Ok, I think I covered the main points: a) I'm ridiculously sorry, b) I'm an idiot, c) I'm an idiot **AND** a loser, d) I whine too much.

Most importantly though, is the possibility of you forgiving me. See, I really love everyone in this group of sorts. No one else, even though I'm really close to no one in it, has ever made me feel so good and at least treated me with some respect, whether I deserved it or not. SO, the thought, the nightmare of the disreputable actions based on a **HUGE MISUNDERSTANDING** that I pulled, being the cause of my lack of acceptance by you and anyone else in the group who finds out, is just completely destroying me. (Hopefully no one, but I'm sure that's asking a lot) with the exception of [redacted] whom I originally asked for your address and told her how I planned on formally explaining my situation and apologizing, she was pretty supportive of this idea.

I am petrified that you won't ever consider me, for one, a friend, or we see an acquaintance. I imagine you

Yeast Infections demystified: What are they? What causes them? Do I have one? If not, what is it? Oh, I have one... now what?

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Most of us treat the typical yeast infection symptoms by running to the drugstore, handing \$20 to our corporate masters, and walking around miserable for days with disgusting slime dribbling down between our legs, not even sure if what we have is really a yeast infection. Simple information on prevention and alternative treatments is ridiculously hard to find, in part because there's little profit in it and in part because men don't suffer from vaginal yeast infections. So in hopes of changing that and giving the information to those who need it, I am supplying you with my research on yeast infections and how to diagnose and treat them. Yourself!

Ok so the first thing you need to know is that you need to be absolutely certain what you have is a yeast infection before you treat it. That not every little itch or irritation can be solved with monistat 2.0. When you expose your naturally-occurring vaginal yeast to these drugs, some of the yeast may be resistant only then, the resistant ones thrive and multiply, and next time you get a yeast infection, you've got a crotch full of drug-resistant yeast which is bad bad news. Drug-resistant means the drugs won't work and you'll have to use something much stronger and more expensive.

So diagnosing yourself is just as important if not more important than treating yourself. Most people will tell you to go straight to the doctor and let them tell you. This has some merit to it, since most women misdiagnose them selves and get into trouble. However you can usually tell if it has most of the following symptoms:

- feels like an intense itching, burning sensation, localized in your vagina and vulva, this itching is not always present, but can get really bad, so bad you can hardly walk, let alone ride your bike to the pharmacy or doctor to get it treated.
- looks like clumpy nasty white stuff, most medical descriptions compare the discharge to ricotta cheese, but it can range from thick and not clumpy to faintly yellow to thin and clear.
- smells like bread or beer, it smells pretty much exactly like yeast, although the yeast used in brewing and baking is an entirely different species (*Saccharomyces cerevisiae*), no bacteria could smell like that, so it's a great diagnostic.



I DON'T STINK!

Well, vaginal odor isn't something that is usually brought up during the normal dinner conversation and probably not even in the privacy of your own circle of friends, but here is the information that you have been too scared to ask for. So you think you smell bad? Think again. Vaginal odor is something that all girls have. A bit of an odor is completely normal and natural. In fact, the time that the odor

your vagina is most aromatic and moist is when your pheromones in the vaginal fluid arouse sexual interest. A lot of girls might think that touching is necessary to rid the smell, when in fact changing your underwear daily and keeping yourself clean should suffice. During puberty, the sweat and oil glands in your vulva become more active, which can cause the smell to be more noticeable. It also depends on where you are on your menstrual cycle and several other factors. So, if your partner says that you smell

"Hey, I can't help it..you turn me on!"

were still pretty confused like i was and pissed off, so ignoring me the next morning was totally understandable.. but it gave me shivers.. intense shivers that this is how it will be forever. That would be so catastrophic for me. I try so hard not to get in peoples way. and to help out people and make them happy. and now i'm the one fucking myself and other peoples' situations over because of a huge mistake and then my continued presence around the people. It kills me. I fear that this is sounding too much like "poor me" "i want, i want" .. well no.. the thing is, i consider all of you kids some of the greatest people i know! i'm not sure if i'm correct, but who cares? SO, being friends is so so god damn much more important to me than ofcourse being together but also better than dwelling on the whole embarrassment issues and junk. I know i can sort of get by this without being too humiliated if you let me know that you sort of understand where i'm coming from and don't hold it against me. For some daunting reason, i don't have much faith in those things happening.. but i'm full-on begging! haha.

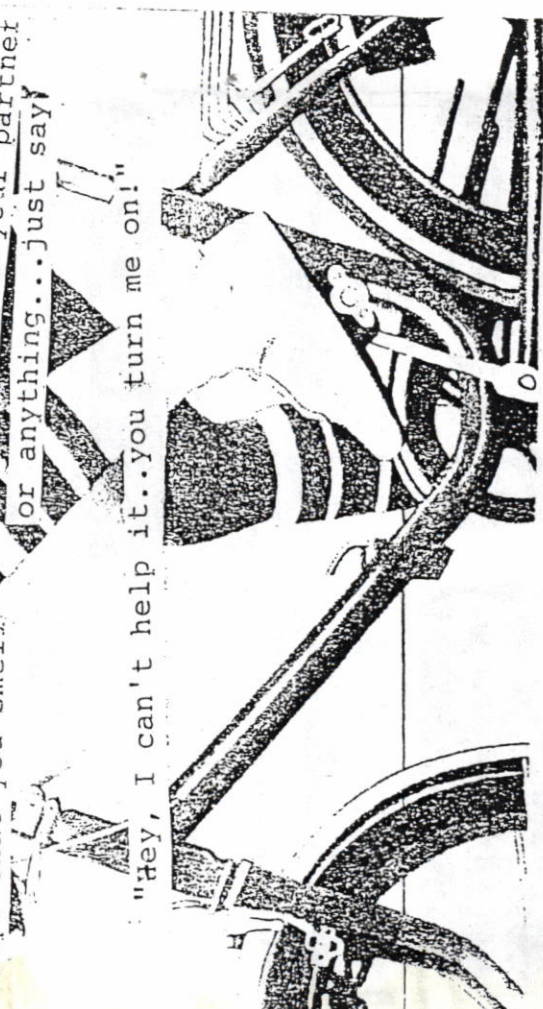
Ok, i should end this... again. i = so flipping sorry. you = rad person who i hope will = forgiving! If you have any crucial questions like "what were you thinking?" that you need to ask me.. please feel free to do so.

i would be so thrilled to at least get a response from you so i know that you don't totally hate me.. but whatever you want to do i don't expect it'll be of use but just in case, here are my numbers.

my address is <insert cruel name here>

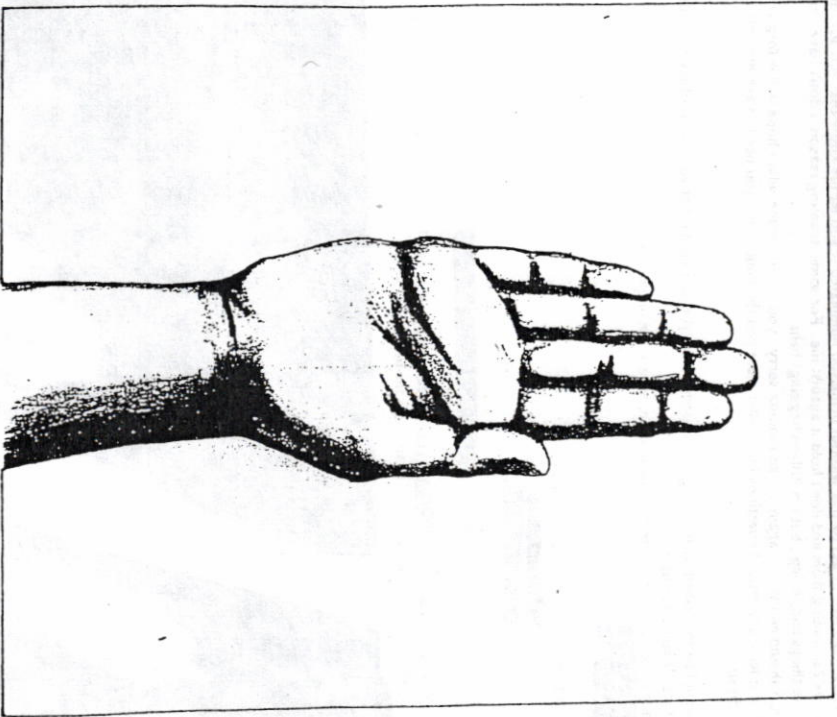
if you are online at all, my email is

Thank you for reading this. it really means so much to me that we clear this up!! (if it requires paying you emotional damages, i'll see if i can drum up some cash :.)

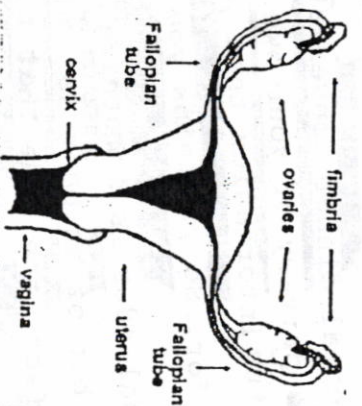


How To Make A fist

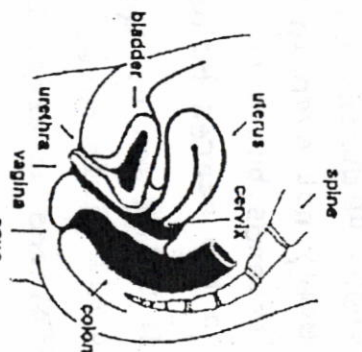
Step 1: Start with an open hand



"How To Make A Fist" was taken from the booklet that comes w/ the Free To Fight Camp. The booklet is 70 pages of stories and information on self-defense. The records have bands like Team Dresch and The Third Sex



ABOVE LEFT: a front view of the uterus. The uterus is shown as if cut in half, so you can see the thickness of the walls compared to a small amount of empty space inside. ABOVE RIGHT: a side view of the uterus and other nearby organs.



THE VAGINA Your vagina is passage way between the inside of your body and the outside of your body, but it is not a simple hole. It is made of serious muscles which can pull and push. When you are not using it for anything, your vagina is quite narrow, and about four or five inches long. If you put a finger in it, you can feel its strong muscles hugging your finger. It will hold a tampon in place, but it might become deeper when you are sexually excited, or stretch wide enough to let a baby pass through it. Your vagina isn't straight up and down. It leans toward the small of your back. At the end of it, if your finger is long enough, you may feel a little round bump, like the end of a nose. This is your cervix.

THE CERVIX Your cervix is the narrow end of your uterus (or womb), which is at the far end of your vagina. There is a little hole in its center called the os. The os will let menstrual fluid out, and sperm in, but it will not let a tampon in. If you give birth, the os will open wide enough to let the baby's head through.

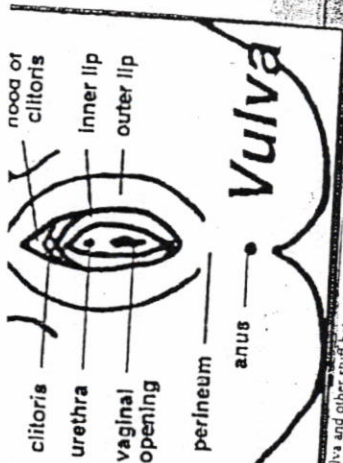
THE UTERUS Your uterus is smaller than you might guess. It is about as big as your fist. You might imagine it as an upside down pear. If you cut a uterus in half, like a pear, you would see that there is almost no empty space inside. It is a ball of very strong muscles. This little thing has to be flexible enough to grow with a fetus, and strong enough to push out the finished baby. Your cervix is the narrow end of your uterus (or womb) which is at the far end of your vagina. There is a little hole in its center called the os. The os will let menstrual fluid out, and sperm in, but it will not let a tampon in. If you give birth, the os will open wide enough to let the baby's head through.

The inside lining of the uterus is called the endometrium. This lining triples in size every month in case a fertilized egg needs to plant itself there. It is full of blood vessels and other nourishment to support an embryo. When you have your period the lining disintegrates, passes your cervix and runs down your vagina.

THE FALLOPIAN TUBES At the top of your uterus are two horns. These are called the Fallopian tubes. They are about as wide as drinking straws, and about five inches long. They work like escalators to bring your eggs down from your ovaries to your uterus.

THE FIMBRIA At the end of the Fallopian tubes are little fingered things that look like sea plants. These are called the fimbria. They actually hang above the ovaries and draw the released eggs into the Fallopian tubes.

THE OVARIES The ovaries are where your eggs are made. They also produce hormones that regulate your whole cycle. They are attached on either side of your uterus. If the Fallopian tubes are the "horns" of the uterus then the ovaries are definitely "ears". They are wrinkly and about the size of a walnut. During each menstrual cycle one of the ovaries should release one egg. Sometimes, though, two eggs are released, and if they are fertilized then you have fraternal (not identical) twins.



This is a drawing of the vulva and other stuff between your legs. It is a straight on view, with the thighs spread apart.

THE MONS At the front of your body your pelvic bones come together to form your pubic bone, which protects your inside parts. The pubic bone has a little bit of fat on top of it, a cushion, called the mons. By the time you are through puberty, pubic hair will cover the mons.

THE VULVA Under the mons is the vulva, which is the name for all of the female parts on the outside of the body. Your vulva is like a rose, with the outer parts hiding the inner parts.

THE OUTER LIPS The outer lips (labia majora in medical terms - labia means lips) are folds of skin that are the outermost layer of your vulva. They hide and protect everything within.

THE INNER LIPS Inside of the outer lips are the smaller, redder, more sensitive inner lips (labia minora). These lips are made of mucous membrane instead of skin like the outer lips, which makes them more like your mouth. Between these lips, in a very small space, is a lot of important stuff.

THE CLITORIS Where the inner lips join on your front (top) side is the clitoris. The clitoris is small, and feels like a little nub - a little nub that likes to be touched. The clitoris is made entirely for pleasure, it had no other function but to help you come to orgasm - sexual climax. Sometimes it is compared to a man's penis, but a penis has to do a few different jobs while the clitoris is only for pleasure.

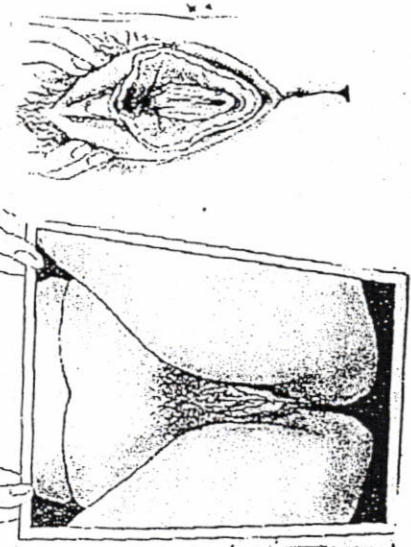
THE HOOD OF THE CLITORIS Because the clitoris is such a bundle of nerves, it is protected by a little hood which keeps it from being stimulated all the time.

THE URETHRA Next stop on the way down is your urethra, where your pee leaves the body. The urethra is a short tube which leads up to the bladder.

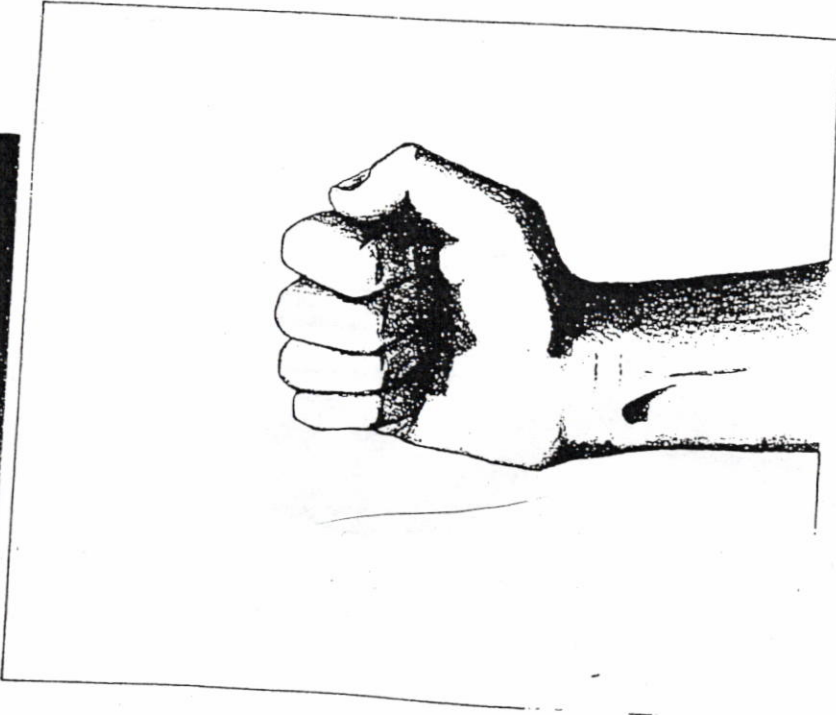
THE VAGINAL OPENING Beneath your urethra there is the entrance to your vagina, or vaginal opening. Although it might seem small to you, this opening is able to stretch quite a bit.

THE PERINEUM The perineum is the proper name for the space between your vulva and your anus.

THE ANUS The anus is the ring of muscle at the end of your rectum, which is the last part of your intestines. So the anus is the point where waste leaves your body when you poop.

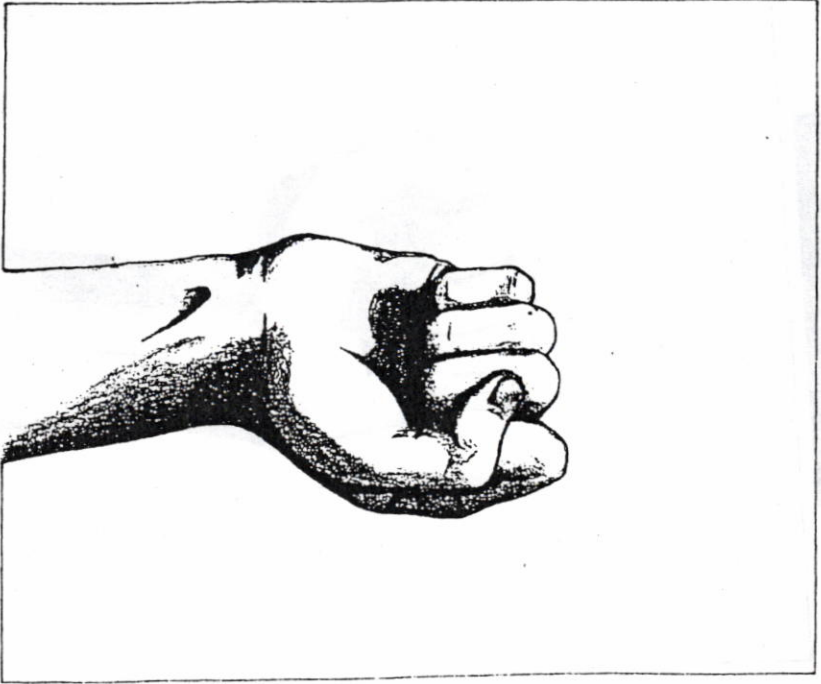


Step 2: Roll fingers down



and also include people talking about experiences and things to do while listening to the record. The comp is really awesome. It was put out by Candy Ass Records.

Step 3: Put thumb across top knuckles on the outside of fingers



You can order it (which I recommend doing) for \$11 on CD from:

Chainsaw Records

PO Box 1151

Olympia WA 98507

Our society also promotes statutory rape in the media's portrayal of women. A woman's sexuality is seen as the definition of which she is a devil or an angel, a whore or a prude. Innocence, naiveté, and virginity are all associated with childhood, but they are also seen as sexually attractive. One can see this portrayal of females as young and angelic by looking at images of women in advertisements, in pornography (the magazine "barely legal"), on television (the Olsen twins), in pop music (Britney Spears), and in the movies (American Beauty). The fashion industry also plays into the problem by using waif-like models whose tiny figures resemble those of pre-pubescent girls. The sexualization of young girls is destructive for so many reasons, statutory rape being just one. We never really hear the girls involved called victims, in fact, we rarely hear about them at all. Most young women involved do not think of themselves as victims, partially because they did, in some ways, have control over what happened. To the young women involved, admitting she was taken advantage of can make her feel powerless.

Admitting to this is admitting that he was in power. It is difficult to do. When I was fourteen years old I thought I was worldly and mature and would admit to no one that I was naive or young. After a really shitty relationship with a 22 year old man, I was not ready to call myself a victim, nor did I want to be called one by others. I felt ashamed and embarrassed of what had happened. I wanted people to see me as smart and mature, and this would just make people think I was a stupid little girl. Although this image made the man involved look bad, I thought that it made me look bad too. I didn't want anyone to think that he, or anyone else, could have power over me. I knew the relationship had seriously affected me, but it took a few years, and a few really good, older friends to convince me that what had gone on was not my fault. While the relationship was going on, a lot of older friends of mine and/or his noticed, and disapproved. But instead of trying to help me and get me out of the destructive relationship, they made a joke out of it, leading me to feel more ashamed and guilty. Even if they acted appropriately, and tried to help me, I am not sure I would have trusted them. I probably would have thought, "I am old enough to take care of myself and make my own decisions", and it would have taken a few years anyway. Maybe all I needed was to grow up a little, and be able to look back on it as an older and more mature person.

But I do think that it is important that, instead of just gossiping about statutory rape, and calling the man involved creepy, it may really benefit the girl if people say something to the man. I realize that older men and younger women can connect sometimes, and it all depends on the situation, but if it is that sort of situation, than the man may not have a problem defending his actions. If it is a destructive relationship, and everyone says something to the man, maybe he will actually begin to question his actions.

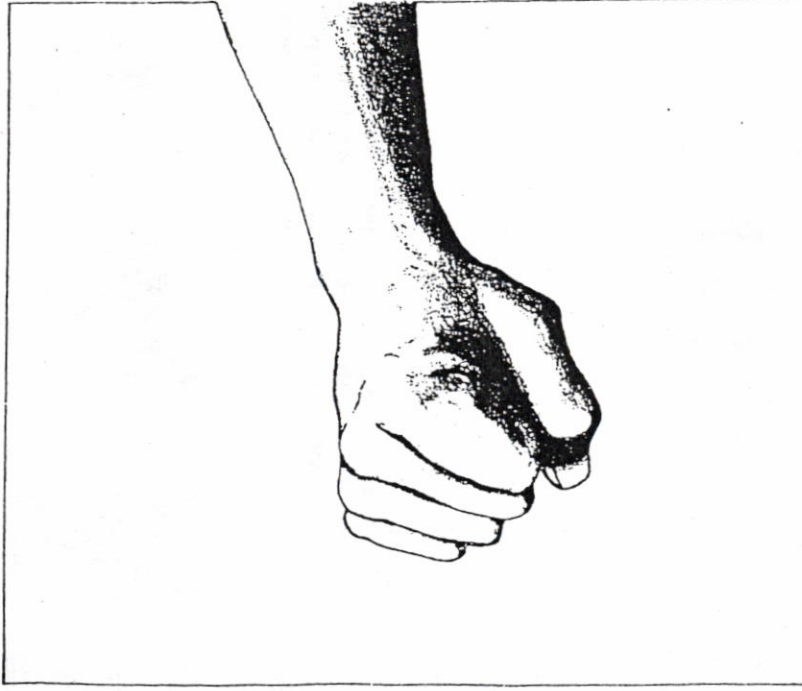
just another one of those stories

I recently overheard two of my friends gossiping about statutory rape. I think I notice these conversations more than most people; when I was 14 years old I had a relationship with a man 8 years my senior, which definitely had a negative affect on me. The situation being discussed in this particular conversation was about a man we knew dating a younger girl. I feel like I overhear similar conversations fairly often, and the manner in which it is discussed disturbs me. People insult the man involved calling him pathetic, desperate and creepy, because he can't find someone his own age. Meanwhile the girl is seen as nothing. Some times one will hear a superficial "poor thing", but no one thinks about the way she has been affected. Statuary defines the man, and dictates the type of person he is. All of the attention is focused on him. The girl is an object- she isn't seen as a whole person but merely a necessary part of the equation for statutory rape.

The fact that people are able to recognize the situation as wrong, and the man as creepy is a good sign. When people think the man is pathetic, because he cannot find someone his own age, it is presumed that this means that it is easier to "get" a younger girl. It is easier because the man is taking advantage of the girl in the situation. He is using her naiveté to his advantage, and disregarding the fact this might really hurt her in the long run. Even if she is "consenting", there is a huge power imbalance in the relationship, which makes it difficult for her to truly have a choice. It is unlikely that people of such age difference, at such different points in their lives, can relate to each other well. Often the younger and less experienced female party may be romanticizing love and closeness to come, while the man is often in it for the wrong reasons, whether that be sex, power or self-esteem.

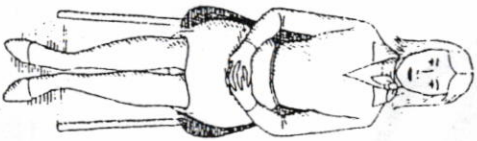
I do realize that statutory rape is not always the same formula (young girl, older man), but it does seem that this formula is by far the most common. Why could this be? I think a number of things may factor into this. Man/girl relationships are a manifestation of the power structure between males and females that exists in our society. There seems to be a parallel between the power structure between men and women and that of children and adults. In a patriarchal society men are taught to be dominant, aggressive, and powerful, while women are taught that they need men and male attention, leading them to yield to that power. In this very same way, children are taught that adults are powerful and they are to be subservient to adults. Males are to females, as adults are to children in terms of power in our society. Heterosexual relationships often play out these power roles between genders, and when the relationship is between an older man and a younger girl, the power imbalance is even more severe. The fact that statutory rape happens so much more often in this type of scenario, leads me to believe that men are looking for power when involved in a relationship with a

Step 4: Hit with the first two knuckles (the big ones).





Women should *avoid* all these hand signals, whenever possible. They should particularly avoid pointing their index finger at men. This is usually taken as a sign of overt aggression and is likely to produce hostile and violent retaliation. The best thing a woman can do with her hands is to keep them folded neatly in her lap. ~~etc~~



RIGHT...

Rear Choke:

Say you are walking down the street and someone comes up behind you and is choking you. Move your left leg backwards, and swing your head between the attackers body and yours, clockwise...flee to safety

No matter how tight the attackers grip is, it's impossible for him to hold tight when this method is applied.

This next one is pretty gruesome but also my favorite. Sometimes I have dreams about doing this to ex-boyfriends...hehe.

Thumb-to-Eye Poke:

Keep all fingers close together except the thumb.

Slam your thumb into one of the attackers eyes, your other fingers with fit around the side of his head.

Simple but deadly!

Simple but deadly!

